



m.m. memos

Margaret Miller

I could just learn to keep my calculator going, I might become a credit-reliant grocery shopper.

The calculator was a Christmas present from the man of our house, given received as an acknowledgment of my needed to change our supermarket habits for our new way of living. It has turned out to be both a help and a challenge.

We knew, as we wound up the days of super-busy schedules, that we had been doing a pretty haphazard job of getting our supplies for our household.

Grocery lists were being made in haste or not at all.

We were neglecting to check current prices and often wound up buying the item we thought we might need, and finding out later we already had it.

That left us with problems like three cartons of sour cream in the refrigerator.

Or we were forgetting completely the absolutely essential item for the meal at hand. That meant a return trip to the supermarket.

We also were consuming a bunch of convenience and prepared foods because we ran out of time for the meal preparation we both enjoy.

ALL THAT had to change, we were freed. We had to shift our emphasis from minutes and hours to cents and dollars.

And we have. Meal plans are becoming complete, with more time provided for preparation and careful attention to plans for leftovers.

Newspaper food ads are being con-

sulted like primers, and shopping lists are turning into wonders of detail.

We're fast becoming familiar with the particular strengths of a couple of area supermarkets.

And we're trying to make our lists and check them twice, because it's at least a five-mile round trip if we forget something, and gasoline is not to be squandered when retirement cuts income drastically.

BUT ONCE in the supermarket I will have to get my act together.

I grab a cart, then pull out the list, a pencil for crossing items off, coupons and handy-dandy calculator. I find it a bit much to manage.

The first time I tried the calculator, I forgot the decimal points. Decided that it must be off when three items in the cart added up to \$332.

Next I got the decimals straightened out and was keeping track just fine until my thumb hit the erase button while I tried to cross off an item on the list.

As I struggle to manipulate all the shopping aids, I find myself remembering the days when there was a baby in the cart instead of a calculator in the hand.

I recall thinking then I would be able to do much better if I could have just one extra hand. Maybe mothers and retirees have a lot in common.

Margaret Miller was Suburban Life editor for the Observer Newspapers for 16 years. She and her husband, Joe, recently retired to Florida, where she will continue to write her MM Memos.

College choir, orchestra stops here on concert tour

The North Park College Choir and Orchestra of Chicago will be in concert at 8 p.m. Friday, March 4, in Christ Church Cranbrook, 470 Church Road, Bloomfield Hills.

The concert is being sponsored by area alumni of North Park and the Faith Covenant Church of Farmington Hills.

Featured works on the program will be the Brahms Requiem for choir and orchestra, and the Brahms Variations on a Theme by Haydn, for orchestra.

The North Park College Choir is nationally known, and the current tour is its 13th since 1966 under the direction of David Thorburn. The tours have covered more than 75,000 miles from coast to coast.

The orchestra is making its first tour under the direction of its new director, Thomas Wilkins, and its first together with the choir.



Thomas Wilkins



David Thorburn

Lincoln's words are still timely

February is American History Month. The Daughters of the American Revolution sponsor an essay contest for school children each year. This year's theme is "A Famous American Born in February." One such famous American was Abraham Lincoln, the 16th President of our country, born Feb. 12. Lincoln is a towering figure in American History who commands the respect of men in all ages. The following words spoken by Lincoln are still timely today: "All the armies of Europe, Asia and Africa combined, with a Boatswain for a commander could not by force take a drink from the Ohio or make a track on the Blue Ridge in a trial of a thousand years."

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LIVING WITH BACK PAIN - PART 3 -

In the two previous discussions of back problems, I have discussed causes and patterns of appearance. Today I will consider measures you can take to stop your pain.

Rest is excellent initial therapy. Just stopping work or your activities is usually not enough. It is best to go to bed, and to be prepared to stay there for 48-72 hours. This treatment alone is likely to stop your pain from progressing. In instances of pain from muscle strain, the application of heat to the back at the same time is very helpful.

If you don't have a firm mattress, get a bed board - a 1/2 inch thick plywood slab - and place it between the mattress and the spring.

Consciously use correct posture while undertaking your ambulatory needs. Stand with your stomach even with your chest, and walk with your head up to your ears even with your clavicles.

If pain decreases, continue your program. If your discomfort intensifies or the involved leg or foot begins to drag, see a doctor immediately.

Dr. Weiss invites inquiries from readers, please address your questions to his office.

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