



Photo seminar

Gerry Gazda leads the photo seminar sponsored by Meteor Photo, scheduled to open at 7 p.m. Wednesday, Jan. 25. The prize winning photographer and audio-visual specialist gives an overview of the skills for good picture taking; takes students on a shooting field trip; gives a critique and winds up the three session seminar by awarding cash prizes for photos taken. The picture above was taken on one of the field trips last winter. Registration information is given by Meteor, 583-3090.



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 Reg. \$39.95
 #2522

Seniors can get free help in preparing tax returns

The 1983-1984 Tax-Aide Program starts Jan. 24 and will continue through April 10. The purpose of the volunteer program is to give free assistance to senior citizens and retirees in preparing their 1983 income tax returns for the federal and state governments. The program was launched nine years ago by Farmington Hills Chapter No. 2058 of the American Association

of Retired Persons. Program volunteers obtain the rating of counselors as a result of intensive training and testing by the I.R.S. and the Michigan Department of Treasury. The facilities are made available by Mercy Services to the Aged and the Farmington Community Library. Basic information required is "W" and 1099 statements for income, pen-

sion, interest and dividends; total social security received in 1983; real estate tax receipts for 1983; total rent paid in 1983 and name and address to whom paid; and a copy of 1982 income tax returns. Specific dates and times of where the Tax-Aide volunteers will be to help with the returns will appear in the Community Calendar, starting with

this issue of the Farmington Observer. The service is given without charge. Special arrangements will be made for shut-ins by calling Farmington Hills Parks and Recreation Department at 474-8115, ext. 286, between 9 a.m. and 4 p.m. weekdays. Norman R. Berry is the coordinator for this spring's program. He will take inquiries at 478-0811.

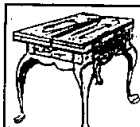
Health director gives advise on colds and flu

It's the "cold and flu" season again, and residents of Oakland County are once more urged to take this often epidemic disease seriously by Dr. Robert P. Loe, director of Oakland County Health Division. The influenza alert is particularly important for older people and those who are vulnerable because of lung or heart diseases or diabetes. Such people should check with their physicians about being immunized. Loe plans emphasis on the infectiousness of colds and flu and suggests common sense precautions to prevent the illness from spreading. Needless

exposure in large groups of people should be avoided. Sneezes and coughs should be covered with a handkerchief or tissue. If infection strikes a family member, those tending the patient should be sure to wash their hands, and tissues should be disposed of in a paper or plastic bag that is frequently replaced. Serving food and beverages in paper and plastic disposable plates, cups and bowls, used only once by one person and then discarded, can help reduce the risks of cross-infection. When cold germs or flu viruses get into the nose and mouth of susceptible

persons, infection may occur, producing such symptoms as fever, chills, headache, dry cough, and aches in the back, legs and arms. Bed rest for the patient is important.

In the treatment of colds and flu, along with keeping warm and drinking plenty of fluids. But if the symptoms persist and the illness is severe, consult a physician.



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LET'S THINK A MINUTE
 It seems sometime no matter how hard we think about something, we can't come up with an answer or reason why. This is especially true with health. We see some people blessed with good health, while others really suffer. It doesn't make sense sometimes. But don't you think it makes sense to keep your body in top shape to prevent sickness. Eating properly, plenty of rest and exercise is extremely important. Add to this list CHIROPRACTIC! Your Chiropractor believes that it's easier for you to help prevent illness, than to worry later how you are going to cure or relieve sickness. Regular Chiropractic care helps your body maintain good health naturally by allowing maximum nerve energy to flow to all parts of your body. Call the Andan Chiropractic Clinic and make an appointment today to discover why Chiropractic can help you maintain better health.
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