

medical briefs/helpline

STRESS HOTLINE

Henry Ford Hospital's "Stress Hotline" — 876-2800 — offers easy-to-use suggestions on dealing with stress whether it is caused by too much work or too many dirty dishes in the sink. To help people avoid the holiday blues, or to shake it if you're already feeling "down," Henry Ford's Health Care Hotlines also offers simple, though-effective suggestions. The hotline, available 24 hours a day, can be reached by calling 876-7100.

FREE BOOKLETS

Three new booklets full of information and helpful hints are now available free of charge from the American Lung Association of Michigan (ALSEM). "The Asthma Handbook" is a 28-page booklet for adults who have asthma. Designed to help the asthma victim learn more about living with his/her disability, the handbook discusses what asthma is, what triggers an asthma attack, how diet affects asthma, and examines several common asthma medications. "Your Child's Lungs Are for Life"

details common and uncommon respiratory infections, danger signals which mean serious illness, chronic conditions, allergies and reactions to environmental conditions. "As You Live You Breathe" is a cleverly illustrated introduction to the respiratory system designed to help youngsters understand how we breathe, what causes breathing difficulties and how good lung health can be maintained.

To get copies of any of the booklets, write ALSEM, 28 W. Adams, Detroit 48226 or call 961-1897.

INTRODUCTION TO RECOVERY

Brighton Hospital has launched "Introduction to Recovery," a service in its outpatient department designed to help those whose drinking has begun to interfere with their day-to-day functioning.

"Introduction to Recovery" is a 12-week outpatient group therapy program that helps the chemically dependent learn about the disease, its effects and its treatment. This service is de-

signed for persons with a history of alcohol or substance abuse but not currently needing in-patient treatment.

The group meetings begin with a film or lecture on alcoholism or chemical dependency. This is followed by group therapy led by an addiction counselor.

The topics covered during the 12-week program include the disease concept of alcoholism and chemical dependency, the effect of the disease on fami-

ly members and friends and recovery using Alcoholics Anonymous, Al-Anon and other community resources.

For additional information, call 227-6143.

MENTALLY ILL SUPPORT GROUP

The Suburban West Support group meets at 6:30 p.m. every Tuesday night at the Suburban West Community Center, 11677 Beech Daly Road, north of

Plymouth Road, Redford Township.

The group is made up of friends and relatives of mentally ill persons. There is no charge for the meetings, and membership is open to all persons trying to cope with the problems presented by mental illness.

For more information, call the center at 937-9500 or 537-1953.

ROMP

Annapolis Hospital, Wayne, sponsors

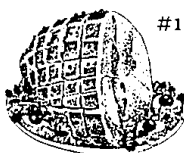
ROMP (Recovery of Male Potency) meetings at 7:30 p.m. the third Thursday of every month, in Conference Room 2. However, there will be no meeting in December. The next session will be Thursday, Jan. 17.

The group is intended to provide educational and emotional support to couples who suffer from the effects of impotence. Confidentiality is assured. To register, call 467-4570.

BOWMAN'S CATERING

Phone 398-1030

FEATURING BOWMAN'S SPECIAL HOLIDAY CARRY-OUT PACKAGES



#1. Holiday Ham, \$57.95

- 8-10 pounds of Decorated Holiday Ham
- California Mixed Vegetables (With Broccoli, Cauliflower & Carrots)
- Baby, Seasoned Irish Potatoes
- Candied Yams and Cole Slaw
- Holiday Pie (Apple, Cherry, Mincemeat, or Pumpkin)
- Loaf of Holiday Rye Bread and Butter
- Bottle of Fancy Dijon's Mustard
- Our Special Raisin Sauce

Generously serves 8 to 10 people.

#2. Our Moveable Feast, \$39.00

- 15-pound Hen Turkey (weight before cooking)
- 2 Quarts of Sage Dressing
- 2 Quarts of Our Delicious Gravy
- 1 Quart of Creamy Orange Relish
- Pumpkin Pie w/Real Whipped Cream
- Relishing instructions included.

Generously serves 8 to 10 people.



#3. Cold Appetizer Tray #4. Hot Appetizer Tray

- Cherry Tomatoes Stuffed w/Seafood
- Our Cheesecake (Fresh Celery Stalks Stuffed w/Cream Cheese & Seasoned Slivers)
- Petite Shrimp-Stuffed Puffed Pastries
- Miniature Ham Roll-Ups (Impressed With Whipped Cream & Dill)
- Petite Walnut-Crusted Cheeseballs
- Baby Stuffed Irish Potatoes w/Cavivar

Easy appetizers up to 20 guests. \$49.75

- Shrimp & Pork Egg Rolls
- Breast of Chicken Strips
- Original Swedish Meatballs
- Rumaki Teriyaki
- Cocktail Frank's w/Pineapple
- Special Sauce for Chicken Strips & Egg Rolls
- Easy appetizers up to 20 guests. \$49.75

Deli Trays and Relish Trays also available. Delivery available for nominal charge.

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See You on Saturday. December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20 Classified Deadline 5 p.m. Retail Deadline 12 noon	21 Creative Living 4 p.m.	22
23 30	24 31	25	26 Hanukkah	27 Classified Deadline 5 p.m. Retail Deadline 12 noon	28 Creative Living 4 p.m.	29

Because Christmas and New Year's fall on Tuesday this year, you'll find us at your home on the Saturday before each holiday (instead of Monday).

This means our carriers will spend Christmas Eve and New Year's Eve with their families.

This means your local business people can let you know about last minute

Christmas gifts and specials in time for you to take advantage of them (the gifts, not the merchants).

This means you can do the same with our Classified section—place an advertisement or respond to one before the holiday.

And, finally, this means a few temporary changes in our deadlines:

Deadlines for Saturday, December 22 and Saturday, December 29 editions:

CLASSIFIED Thursday, December 20 and December 27 -- 5 p.m.
RETAIL Thursday, December 20 and December 27 -- 12 noon

Deadlines for Thursday, December 27 and January 3 editions:

CLASSIFIED Monday, December 24 and December 31 -- 5 p.m.
CREATIVE LIVING Friday, December 21 and December 28 -- 4 p.m.
RETAIL Monday, December 24 and December 31 -- 10 a.m.

Observer & Eccentric
NEWSPAPERS, INC.