

medical briefs/helpline

COCAINE PROBLEMS

"What a Family Should Know About Cocaine" is the topic of Brighton Hospital's June 4 community education program.

The free program begins at 6 p.m. with a lecture on cocaine by a member of the hospital's medical staff. A question and answer period will follow the talk. The hospital is on E. Grand River, near Exit 151 of I-96. For more information, call 227-1211, Ext. 275.

LAMAZE CLASSES

The Plymouth Childbirth Education Association will offer two seven-week Lamaze series with the first series starting at 7:30 p.m. this evening at Westland Community Center, 28550 Ann Arbor Trail, Westland, and a second one set to start at 7:30 p.m. Tuesday, June 11 at Newburg United Methodist Church, 36500 Ann Arbor Trail, Livonia.

A Lamaze orientation class will be at 7:30 p.m. Monday, June 17 at Newburg church. This is an introduction to the Lamaze birth technique and features a birth film. There is \$1 per person admission fee.

A Cesarean orientation will be at 7:30 p.m. Monday, June 3 at the church. This is an introduction to Cesarean preparation classes and features a birth film. Couples anticipating a Cesarean birth as well as Lamaze-prepared couples are welcome. There is a \$1 fee per person.

For further information on any of the three informational meetings, call 459-7477.

WATER SAFETY CLASSES

The American Red Cross will conduct a one-week camp where participants are trained to become certified instructors in water safety, life-guard, sailing, canoeing, first aid, CPR or adapted aquatics (swimming for the handicapped). It will be June 8-16 at Camp DeSales in Jackson.

The course is open to all Michigan residents 17 years old or over. Each student chooses a major and minor course of study and is involved in daily lectures, seminars, course instruction and practice sessions.

A fee of \$150 covers all room, board and textbook fees for the entire week. Applications are accepted on a first-come, first-served basis with limited enrollment. To register, or for more information, contact the Red Cross at 494-2858.

LUPUS

Carleen Williams of the Michigan Department of Public Health will be guest speaker at the meeting at 1 p.m. Saturday, June 1 of the Detroit chapter of the Michigan Lupus Foundation at the Northwest Activities Center, 18100 Meyers at Curtis in Detroit. There is no charge and parking is free. For further information, call 775-8310 or 863-7742.

FOOD REACTIONS

Allen Sosin, immunology and allergy specialist,

will explore the differences between food allergies and other reactions to food in a discussion entitled, "Discovering and Treating Food Allergies," at a meeting at 7:30 p.m. Thursday, June 6 in the St. Mary Hospital auditorium.

For more information on the meeting, call 464-4800. Ext. 2596. St. Mary's is at the corner of Levan and Five Mile roads in Livonia.

PARTICIPANTS NEEDED

Two Detroit hospitals are looking for participants for separate studies involving cardiac fitness and high blood pressure.

St. Mary Hospital is looking for participants for a study being performed by the cardiac fitness and rehabilitation program. The study will evaluate the interaction of a commonly prescribed type of cardiac medication, "beta-blockers," and exercise training on the two forms of blood cholesterol.

Participants must be males who have had coronary bypass surgery or coronary angioplasty, and do not have any major diseases of other organ systems. For more information, call Sue Hogan or David Wrisley at 493-6333.

Henry Ford Hospital's Fairlane Center is seeking patients with high blood pressure to participate in a study to test a new drug.

For more information, call Dr. Robert Michaels or Carol Strand, R.N., at 336-2100, Ext. 290 or 191, during regular business hours.

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Male birds brightest in spring

By Timothy Nowicki

Spring is an exciting time of the year to go birding. Birds begin arriving in our area from their southern wintering grounds in late April and May.

Some species arrive from the southern states, like robins and red-winged blackbirds. Some have traveled from southern South America, like the golden plover.

All birds returning from the southern climes do so to nest and raise young. No one knows for sure why or when this annual event started, but the fact that it is successful will insure its continuation.

EVEN BEFORE the birds arrive on their nesting grounds, they have attained their breeding plumage.

The dull, drab feathers that warblers, for instance, wore in the fall have been molted and replaced. Spring feathers, particularly for male warblers, are very colorful and create unique patterns for each species.

Though at first glance they may all look very confusing, a closer examina-

tion will reveal a distinct pattern for each species.

These patterns not only help birders identify the approximately 40 species of warblers that can be seen in southeast Michigan, but it also helps the females recognize appropriate males. If a female chose to nest with a different species, the chance of her raising any young is very slight.

THE SONG of each species also is unique. Birders often time identify a bird by its song because the vegetation is too dense to see the bird.

Song also helps the females to distinguish between males that may have similar color patterns to their plumage.

When a female bird chooses a mate, she is evaluating his plumage pattern and color (birds see color much the same way as we do), his song, and his choice of territory before she decides to raise young with this male.

Timothy Nowicki has a master of science degree in biology and is active in local environmental groups.



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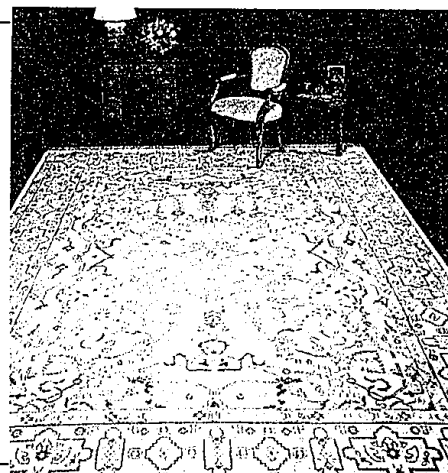
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MSU center offers master's program

Michigan State University's Birmingham Center offers complete master degree programs, as well as undergraduate and "Summer Study" for freshmen entering school in the fall.

Located in Groves High School, 20500 W. 13 Mile, the graduate degree programs are offered in Curriculum and Instruction, Business and Distributive Education, School and Agency Counseling, Classroom Teaching, K-12 Administration, Vocational/Technical Education, Advertising, Journalism and Criminal Justice.

For more information, call 645-5410.

OU offers computer course

A four-session computer course on the fundamentals of operating the IBM personal computer will be offered June 1-22 by Oakland University's Division of Continuing Education.

Bret Moeller, research and information specialist in the office of the university president, will conduct the class from 9:30 a.m. to 12:30 p.m. Saturdays. Enrollment for the \$95 class is limited. For information, call the Continuing Education office at 370-3120.

Arts camp sessions at Oakland

Two sessions of the Arts-for-Youth Camp program at Oakland University are planned for this summer. The camps for children 7-15 are sponsored by the Center for the Arts and Oakland Schools.

Instruction will be provided in theater, dance, music, mime and art. Classes will be from 9 a.m. to 4 p.m. July 8-19 and July 29 to Aug. 9. Each camp will be divided into three groups - 6, 8, 9-11 and 12-15.

No prior arts training is required for the \$180 two-week classes. Enrollment deadline is June 24 for either camp. For information, call the Center for the Arts at 370-3018.

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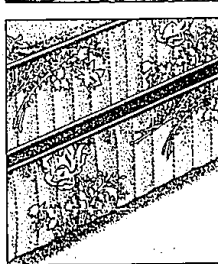
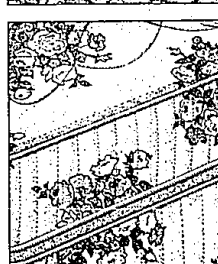
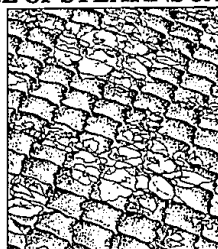
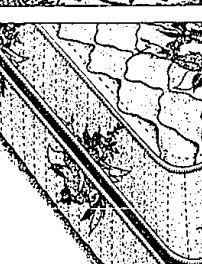
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