

CASA needs volunteers; city offers tour

YOU'RE A LADY NOW

Register now - The Southfield Parks and Recreation Department will hold a class titled "You're a Lady Now," beginning Monday, Jan. 12, for 10- to 12-year-olds and Tuesday, Jan. 13, for 10- to 15-year-olds at 6:30-7:30 p.m. at the Parks and Recreation Building, 26000 Evergreen. The cost is \$33 for residents. For more information and registration, call 354-9694.

MIKADO

Register now - On Jan. 25, the City of Southfield will travel to the Music Hall, Detroit to see the Mikado as performed by the cast from the Stratford Festival, Stratford, Ontario. The cost for the trip is \$35 per person. To reserve seats or for more information call Sol, 354-4717.

CASA VOLUNTEERS

Register now - The Greater Detroit Section, National Council of Jewish Women conducts a two-session training for new volunteers for its Court Appointed Special Advocates (CASA) Legal Guardianship Program on Thursday-Friday, Jan. 22-23. Thursday's program is set for 9:30 a.m. to noon at the NCJW office, suite 100, 30233 Southfield Road, Southfield. Friday's session meets in the second floor conference room of the Oakland County Court House, Register by Tuesday, Jan. 20; call 258-6000. CASA volunteers are trained by the NCJW and the court to work in behalf of youngsters. Women will be given information on the program which provides home study and investigation for all legal guardianship cases within the jurisdiction of the Oakland County Probate Court. They will be trained to do home investigations.

SPORT LOVERS

Register now - City of Southfield Tours presents a choice of three different sports packages for the family on Valentine's Day, Feb. 14. First: Detroit Red Wings skate against the New Jersey Devils. The bus leaves at 1 p.m. Second: Detroit Pistons vs. the Philadelphia 76ers. Bus leaves at 5 p.m. Price of either one of these trips is \$25 per person. Third: a combination of the two sports trips offered for \$37.50 per person. Those going on both trips leave at 1 p.m. and return at about 10:30 p.m. Each package includes transportation and a full-course dinner at the Southfield Hilton. For more information call Sol at 354-4717.

TOASTMASTERS

Mondays - Northwestern Toastmasters Club 766 will meet at 8:30

p.m. at MCL Cafeteria in Tel-Twelve Mall. For more information, call Joy Schmitt, 655-0340.

LEGAL HELP

Mondays, Wednesdays - Legal information and support for battered women is available from Legal Alternatives for Women, a service of the Business and Professional Branch of the National Council of Jewish Women. A 24-hour hotline, plus access to shelters, referrals to attorneys, and support through the legal process are offered. Call the hotline, 258-0120.

SQUARE DANCE

Mondays - A series of square dances with instruction is sponsored by the Dunham Ray Post of the Veterans of Foreign Wars #10. They are scheduled for the post hall on Nine Mile west of Telegraph. The caller is Vic Christowicki. No knowledge of square dance is necessary. Call 541-4054.

DIVORCE SUPPORT

Mondays - The NCJW/NCJW hosts non-denominational support groups for divorced and widowed men and women 7:15-9:30 p.m. at Cranbrook Centre North, 30233 Southfield Road, Suite 100, between 12 and 13 Mile roads in Southfield. Registration is necessary to all support groups. There is a charge of \$12 for four weeks in the group.

NORTHWESTERN TOASTMASTERS

Mondays, Jan. 5 - Northwestern Toastmasters Club 766 meets at the MCL Cafeteria in the Tel-Twelve Mall. The group fosters development of speaking listening and leadership skills. For more information call Jay Schmitt, 855-0340.

BIRTHPARENT SUPPORT

Mondays, Jan. 5 - Birthparents who have been either voluntarily or involuntarily separated from their birthchildren through the adoption process can attend a support group from 8:30-9:30 p.m. in the Lee Schulman and Associates Building, 751 Hendrie at Lincoln, east of Woodward, Royal Oak. There is a \$5 per evening fee. For more information call Linda Yellin, Lutheran Adoption Service, 822-8456.

FOCUS ON LIVING

Mondays, Jan. 5 - The Southfield unit of the American Cancer Society, Focus on Living with Cancer meets at 7:30 p.m. in the Southfield Civic Center, 26000 Evergreen Road. Can-

for your information

cer patients, family members and friends may attend. For more information, call the American Cancer Society, 357-5353.

ALLIANCE FOR THE MENTALLY ILL

Mondays, Jan. 5 - Support group meets at 7:30 p.m. in the Mental Health Building, 12000 Greenfield, Southfield.

LEGAL AID

Tuesdays - Attorneys are available by appointment for 20-minute consultations to give free advice from 6-8 p.m. in the Department of Human Resources, 26080 Berg, Southfield. Individual, marital and family counseling available to area residents on a sliding scale fee. For information, call 354-4864.

ROTARY

Tuesdays - Southfield Rotary Club meets at 12:10 p.m. at the Southfield Hilton Hotel. Guests may attend.

BUXOM BELLES

Tuesdays - Buxom Belles will hold a group-therapy session for anyone with a weight problem 7-8:30 p.m. at Calvary Lutheran Church, 28001 Evergreen, Southfield. For information, about the non-profit group, call 356-6555.

OPTIMISTS

Tuesdays - The A.M. Optimist Club of Southfield-Lathrup will meet at 7:30 a.m. for breakfast at Meridian's Restaurant, 27777 Franklin Road, second floor of the American Center Building, Southfield. For more information, call Raymond Goldbaum, 257-2952.

CAMERA CLUB

Tuesdays - The Southfield Camera Club will meet at Birney School. Discussions and reviews of slides, prints and general photographic topics will be discussed. There is no charge. For more information, call 531-3588.

PICKUP HOCKEY

Tuesdays - Pickup hockey games for adults are offered on a drop-in basis at 1 p.m. Tuesdays at the Civic Center Arena, 26000 Evergreen, Southfield. For information, call 354-9357.

formation, call 553-0779.

LEONARDO DA VINCI

Thursday, Jan. 8 to Feb. 18 - Special exhibition of sketches of Da Vinci's numerous inventions sponsored by the Southfield Public Library in cooperation with International Business Machines (IBM) in the library, 26000 Evergreen. Free. For more information call the library, 354-9100.

SENIOR DANCING

Fridays - Seniors, 55 and over, may participate in social dancing 1-4 p.m. to live music. The cost is \$1.50 per person. The dances are Fridays at the Southfield Senior Adult Center, 24400 Civic Center Drive, Southfield. Call Shirley Cole, 354-9362, for information.

PICKUP HOCKEY

Fridays, Sundays - Pickup hockey games are offered for adults at 4:30 p.m. Fridays and 9 a.m. Sundays at the Beechwood Clubhouse, 22200 Beech Daly, Southfield. For more information, call 553-0779.

formation, call 647-5463.

LOVE INC.

Saturdays - Love Inc. will meet at 8 p.m. at 23865 Rockingham, Southfield. The group is organized to help special education young adults socialize. After a brief meeting, they share planned activities. Transportation can be arranged by calling Helene Gottfried, 358-1875.

PRESCHOOL SKATING

Saturdays - Beech Woods Recreation Center, Nine Mile and Beech Road, will hold preschool ice skating for residents and \$23 for non-residents. Skate rental is available. For more information, call 354-9510.

SINGLES SKATE

Saturdays - Beech Woods Recreation Center, Nine Mile and Beech Road, will hold a singles skate 9:30-11 p.m. Admission is \$2 per person with skate rental available for \$1. For more information, call 354-9510.

THE MOSS SCHOOLS

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Arthritis Today

Joseph J. Weiss, M.D., Rheumatology
18829 Farmington Road
Livonia, Michigan 48152
Phone: 478-7860

LEG PAIN THAT IS NOT ARTHRITIS

Pain in the legs can occur for a reason other than arthritis.

An elderly person notes hip and knee pain, and dismisses it as being an arthritis accompanying old age. Really the problem is that the blood supply to the legs is partially blocked. The pain comes from circulatory insufficiency, similar to chest pain that accompanies blockage of the coronary arteries.

Like arthritis, poor arterial circulation in the legs begins with pain on walking. However, the pain stops and starts more quickly than arthritis pain and is in the thigh and calf and not the joints. A physician, examining the legs, will see that the pain is out of proportion to arthritis existing in the hips or knees. Additional examination will bring out the presence of impaired arterial circulation. Identifying the presence of arterial insufficiency is important as specific treatment is available.

People should not accept leg pains as the arthritis of old age, but should check their impressions against a physician's evaluation.

LAS VEGAS PARTY

TWO BIG DAYS OF FUN
JAN. 9 FRIDAY 5 p.m.-1 a.m.
JAN. 10 SATURDAY 2 p.m.-1 a.m.

- Blackjack
- Craps
- Roulette
- More

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1987 New Years Resolutions

1. Lose 15 Pounds Fast
2. Be Healthier
3. Save Money

JOIN WEIGHT WATCHERS!

Florine Mark Area Director

Here's your chance to keep that resolution to lose weight this year. There's no better way to change the shape you're in than with Weight Watchers! And there's no better time to do it than right now, because the price is right.

It's easier, it's faster to lose weight with Weight Watchers* new, improved Quick Start* Plus program.

What's NEW? Just listen to this: We've added a program called our Self-Discovery Plan. It looks into your attitudes-moods-feelings-eating styles-even how you shop for foods. It helps you change the things you want to change most.

Together with Weight Watchers, you'll reshape your thinking and control your weight problem for good!

We've also added a new optional exercise plan. You can choose to walk-jog-run-cycle or swim. All at your own pace.

For NEW MEMBERS: PLEASE ARRIVE ONE HOUR EARLY FOR REGISTRATION AND WEIGH-IN.

When you combine our total program including exercise, our food plan and the group support you get from our staff and other members like yourself, you'll be on your way to a new you for the new year!

To help you start the year out right, we have this special offer, for a limited time, that can make losing weight easier than you ever thought possible!

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First Meeting Fee \$7.00
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