

HOUSE CALLS

FROM PAGE C5

One of the attractions to consuming larger portions is the concept of getting more food for your money. Large portions often seem like a bargain: 7-Eleven's 10-ounce Gulp costs just under 6 cents/ounce, but a 32-ounce Big Gulp is 2.7 cents/ounce. The problem is that larger portions also provide more calories. The 7-Eleven Double Gulp, a 64-ounce soda, contains nearly 800 calories — an amount 10 times the size of a Coca-Cola when it was introduced. It is also about one-third to one-half of the total calories the average American would be taking in for the whole day.

These observations suggest Americans need to pay closer attention to their portion sizes to prevent obesity. What we eat is important. We should be eating more fruits and vegetables and less fried foods and desserts. However, how much we eat, regardless of the type of food, has a great impact on our weight. You can get fat on fruits and vegetables if you eat more calories than you burn in a day.

To see if your portion sizes are too large, spend a few minutes with a measuring cup. Dish up your usual portion and then use measuring cups and spoons to dish out the serving size that is on the nutrition label.

Dish up your usual portion and then use measuring cups and spoons to dish out the serving size that is on the nutrition label.

When this isn't practical, try the "eyeball" method. Use these household items to help you compare serving sizes:

- One tablespoon = two dice
- 1/2 cup = hockey puck
- 1 cup = baseball
- 1 medium potato = computer mouse
- 1 ounce meat = golf ball
- 3 ounces meat = deck of cards
- 3 ounces of most fish = full can of tuna

If you have trouble determining what portion size you should dish up for yourself, make an appointment with a registered dietitian. Registered dietitians are a great resource for helping you determine the amounts of food that are right for your individual lifestyle. You can find a registered dietitian close to you by calling your local hospital or calling the American Dietetic Association at 1-800-366-1655.

Bethany Thayer, M.S., R.D., is the Health Promotion Coordinator, Heart Smart! Program, Henry Ford Health & Vascular Institute. Contact her at (313) 972-1920.

ONGOING

Self-Help groups
Anyone seeking information on a variety of self-help groups may call the Michigan Self-Help Clearing House at (877) 777-5556.

Overeaters Anonymous
Support group for overeaters meets 7 p.m. every Friday at Providence Park, 47601 Grand River Avenue, Novi. Helpline: (313) 438-HELP or (248) 474-9565.

Headache
Do you suffer from constant headaches? If so, join the Headache Foundation Support Group the first Wednesday of each month at Providence Northwestern Medical Center-Farmington Hills, 30055 Northwestern, Farmington Hills. Call (248) 258-1973.

Alcoholics Anonymous
Everyone is welcome to the AA meetings held at noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Haggerty), Novi. Call (248) 348-9362. AA meetings also held noon every Wednesday at Mission Health Medical Center-Livonia, 37995 Seven Mile Road, Livonia. Call (734) 953-1188.

Thyroid cancer
Thyroid Cancer Survivors Association, Inc. support group meets 7:30 p.m. the fourth Tuesday of each month at the Plymouth Public Library, 223 S. Main Street, downtown Plymouth, in the Gold Room. For more information about the Thyroid SE Michigan Support Group, call Mary Rose at (734) 397-2801 or e-mail: SE.Michigan.org. For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 588-1904.

MEDICAL DATEBOOK

JULY

Health fair
Maple Manor Assisted Living and Oakwood Hospital will host a health fair at Maple Manor, 3999 Venoy Road (South of Michigan Avenue), Wayne, noon to 3 p.m. Sunday, July 21. Seniors 55 and older. Screenings for blood pressure, cholesterol, osteoporosis, glucose and more. Call (734) 727-0440.

Heart Disease
Attend "Understanding Heart Disease" 5:30 p.m. July 22, at Providence Park Medical Center-Novi, 47601 Grand River, Novi. Learn about signs and symptoms, risk factors and how to avoid heart disease. Call (877) 345-5500.

Grief Support
Angela Hospice in Livonia offers a grief support group the second and fourth Tuesday of the month. The next meeting is 6:30 p.m. Tuesday, July 23. Call Bereavement Coordinator Ruth Fawcett at (734) 464-7810.

Brain diet
What you eat and drink can affect your ability to learn and pay attention. Sign up for a two-session class, "Feed the Brain for Learning," 9:10-10 a.m. Tuesday, July 23, and Thursday, July 25, at Schockcraft College. Sandy Baumann, a biochemist and author, will discuss the role of protein and carbohydrates in keeping you alert and relaxed for learning, as well as the latest research on the role of water, vitamins, and minerals in supporting brain functions. Cost, including booklet, is \$44; seniors \$35.20. To register, call Schockcraft's Continuing Education Department, (734) 462-4448, and ask for CES class 4234, Sec. 934002. For more information, call Michelle Goyette, Schockcraft College, (734) 462-4448 or Sandy Baumann, (248) 462-4448.

Parents support
Parents coping with the loss of an infant through miscarriage, stillbirth or newborn death meet 7 p.m. Thursday, July 25, at Providence Park Medical Center-Novi, 47601 Grand River Avenue, Novi. The group meets the fourth Thursday of each month. Call (248) 849-5342.

Wellness
The National Wellness Foundation sponsors a comprehensive health support group for those with chronic conditions or diseases such as arthritis, asthma, chronic pain, carpal tunnel, head injuries, etc. The group meets fourth Thursday of each month 7 p.m. at the Plymouth Library, downtown Plymouth. Call (734) 462-4448 or visit www.nwf.org.

Brain diet
Psychiatrist Dr. Bill Hagler, 16311 Middlebelt, Livonia, will offer a free "Brainwashing Diet Workshop" 6 p.m. Thursday, July 25. Learn how to use brainwashing techniques to implant a new "think thin" belief system in the mind that helps people lose weight automatically. For reservations, call (734) 428-8040.

Alopecia
The National Alopecia Network support group meets 7 p.m. every Friday at Providence Hospital-Southfield, 16001 W. Nine Mile Road, Southfield. Next meeting July 26. Call (313) 345-9537.

Weight Control
All welcome! Special weight control program offered 1 p.m. Saturday, July 27, at Providence Park Medical Center-Novi, 47601 Grand River, Novi. Program combines behavior modification tech-

niques and hypnosis. First 45 minutes is free; \$59 for entire course. Call (877) 345-5500.

Stop smoking
Join a Providence Hospital-sponsored "Smoking Cessation" program: 10 a.m. Saturday, July 27, Providence Park Medical Center-Novi, 47601 Grand River, Novi, and 6:30 p.m. Wednesday, July 31, at Mission Health Medical Center-Livonia, 37995 Seven Mile Road (at Newburgh), Livonia. Programs combine hypnosis with behavior modification. Cost: first 45 minutes, free; \$59 for entire course. Call (877) 345-5500.

First aid
If you need to know CPR as a work requirement, join this class and earn the American Safety and Health Institute Adult First Aid Certification. Meets MOSHA requirements for CPR training. Class held 6 p.m. Monday, July 29, at Mission Health Medical Center-Livonia, 37995 Seven Mile Road (at Newburgh), Livonia. Cost is \$30, including book. Must have a current CPR card and present it in class. Call (877) 345-5500.

Nursing homes
Join St. Mary Mercy Hospital, Livonia, at 7 p.m. Wednesday, July 31, for a presentation that will empower you to make informed and caring choices for your loved ones. "Get Good Care Without Going Broke: Finding the Right Nursing Home" will be presented in the Auditorium by James Schuster, elder law attorney, who will show participants how to conserve financial resources, time and reduce stress. Written resources will also be available. Free for more information or to register, call (734) 655-8940 or (800) 494-1650 (for out of area callers). Web site: www.stmarymercy.org.

HEALING

FROM PAGE C5

ing to the Center since December to participate in one of the breast cancer support groups. The experience has been both uplifting and comforting.

"I've come a long way in accepting everything since I've been coming," she said. "I talk to people who have been through what I'm going through. It's a family kind of thing."

THERAPY AT WORK

Ann Bogrow of Southfield, who is undergoing treatment for breast cancer, has been coming to the Center for six months. She finds enrichment in the weekly art workshops.

"I find it very relaxing. I didn't know how to do anything like this before I came here," she

said, holding up her colored pencil drawing of a kitten. "I'm so proud of it. I'm going to hang it up. I'm amazed. I can't believe that I could do anything."

Bogrow, who found out about the Center through an article in a newspaper, also attends one of the breast cancer support groups.

"I look forward to coming because it's such a nice group of women. The majority of women are younger than me, but age doesn't seem to make a difference. We talk about everything, not just our cancer. It's very relaxing," she said.

Joel Fennell, 16, of Bloomfield Hills, a junior at Detroit Country Day this fall, is interested in cancer and helping kids. He is volunteering at the Center for the first time this summer. Taking part in the art workshop gives him a chance to see "how they (children) cope with their parents

going through tough situations."

Certain programs at the Center, like the one Fennell assists with, are geared specifically towards the children of cancer patients. Special counseling sessions educate children on what parents with cancer are going through, while other activities, like the art workshop, entertain young ones while their parents go through therapy.

Danya Cohen, an art teacher who just retired after 35 years of teaching, volunteers to facilitate the art workshop Bogrow enjoys. "People who go through cancer have a lot of fatigue. Art is energizing. Doing anything creative creates energy," she said. "I think art is a real positive healing activity. It works for everybody. It takes their mind off their problems. Art is an escape."

Drawing creates a healthy diversion so patients are not always focused on the negative, she added. "You can see how easy it is for people to talk about their cancer. You learn to smile and move on. That's what it's all about."

Medical employees involved with the clinical aspect of the Center also recognize the importance of treating the whole patient and not just the cancer. "The important thing is we really treat people here as not just a disease," said Physician Assistant Suzanne Lowry Levin. "We also deal with the psychological ramifications."

The Center also provides the opportunity to participate in clinical trials. Trials offer chance for patients to get treatment that is as good as and possibly better than the standard, said Research Nurse Nancy Leffkowitz.

WITH DOORS WIDE OPEN

The Center is available to anyone who wants to come. Patients need only to schedule an appointment for an evaluation to start participating in complimentary therapies. All complimentary programs at the Center are free, with the exception of massage therapy. It is offered at half the cost patrons would pay in a business setting.

Funding for the Center is

entirely through donations. The primary gift was from Lawrence and Idell Weisberg, for whom the Center is named. The Sinai Guild, a volunteer organization headquartered at the Center, also helps raise funds.

The Weisberg Cancer Treatment Center is located at 3195 Northwestern, between Middlebelt and Orchard Lake, Farmington Hills. Call (248) 538-6505.

cbrods3@home.com.net

R. BRUCE LAIDLAW, ATTORNEY
NOTICE TO CREDITORS

ESTATE OF ELIZABETH M. LAIDLAW
Date of Birth February 7, 1909

TO ALL CREDITORS:

NOTICE TO CREDITORS: The decedent, Elizabeth M. Laidlaw, who lived at 704 Tottenham, Birmingham, Michigan, died on June 12, 2002. Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Doug Dunham, on behalf of United Bank & Trust, Trustee of the Estate of Elizabeth M. Laidlaw, at United Bank & Trust, Attn: Doug Dunham, Vice President, P. O. Box 1127, Ann Arbor, MI 48106, within four months after the date of publication of this notice.

R. Bruce Laidlaw, Attorney for the Estate of Elizabeth M. Laidlaw, 2023 Vinewood Boulevard, Ann Arbor, MI 48104.
Publish: July 21, 2002

Frank H. Boos Gallery
AUCTIONEERS & APPRAISERS

AUCTION, offering property belonging to the Estate of Maurice Reid, Atlas, MI, numerous other estates and private collectors, paintings by Franz A. Bischoff (four in sale), Alfred Augustus Glendening, Roderick D. Mackenzie, Carl Milner, Emilio Bernard, Francis Van Severdonck, Leon DeLachaux, George Gardner Symons and many more; graphics by Albrecht Durer, Luigi Rossini, Kerry Hallam, Louis leant and many more; furniture, including a Peter Glass lift top work table and 19th and 20th century English, American and Oriental furniture; a collection of 19th century western outlaw and other photographic images; a large collection of clocks; sterling and silverplate; glass; art pottery; Carlier and other diamond jewelry; Paul H. Oelman photographs; Native American carpets and baskets; a collection of weapons; dolls; a large collection of duck decoys; Oriental carpets and much more.

PREVIEW

Thursday, July 25th - Noon to 8:00 p.m.
Friday, July 26th - Noon to 8:00 p.m.
Monday, July 29th - 10 a.m. to 5:00 p.m.

AUCTION

Tuesday, July 30th - 6:00 p.m.
Wednesday, July 31st - 6:00 p.m.



687 Franz A. Bischoff (American, 1864-1928, oil on board, 13" x 10", signed I. (one of four in sale))



690 Marshall M. Friedrichs (American, 1938-1988), painted bronze frog looking for a new pond to call home, 6-3/4" x 4"

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