

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-Hill, 47601 Grand River Avenue, Novi, Michigan. (313) 438-HELP or (248) 474-9456.

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, MI. (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, MI. (248) 348-9362. AA meetings also held noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia, MI. (734) 953-1188.

Thyroid cancer
Thyroid Cancer Survivors Association, Inc. support group meets 7-8:30 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 ThyCa SE Michigan Support Group, call Mary Rose at (734) 397-2801 or e-mail: SE_MiThyCa.org.
For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 588-7904.

Hernia Repair
Dr. Larry W. Shapiro, a general surgeon, will schedule free hernia screenings by calling (866) 437-6429. His offices are located in Farmington, Walled Lake and Garden City.

CPR
"CPR for the Lay Responder" will be offered 6 p.m. Monday, Aug. 12, at Mission Health Medical Center-Livonia, 37595 Seven Mile (at Newburgh), Livonia. Designed for the individual who needs CPR as a work requirement. Appropriate of all child-care workers. Cost: \$45. Register by calling (877) 345-5500.

Alopecia
The National Alopecia Areata support group meets 7 p.m. every Friday at Providence Hospital-Southfield, 16000 W. Nine Mile Road, Southfield. Next meeting is Aug. 16. Call (313) 345-9537.

Diabetes & Exercise
Oakwood Healthcare System offers a "Diabetes and Safe Exercise Workshop" 7-9 p.m. Monday, Aug. 12, at the Oakwood Cardiac Rehab Center, 22060 Beech, Dearborn. Workshop includes a demonstration and tips on using and purchasing exercise equipment. Fee: \$8. Participants may bring one guest at no additional charge. Pre-registration is required. Call (800) 543-WEILL or visit www.oakwood.org.

Grief Support
Angela Hospice in Livonia offers a grief support group the second and fourth Tuesday of the month. The next meetings are at 1 p.m. and 6:30 p.m. Aug. 13 and Aug. 27. Call Bereavement Coordinator Ruth Favar at (734) 464-7810.

Fibromyalgia
Dr. Paul Masalskis will offer a fibromyalgia workshop 7-8 p.m. Tuesday, Aug. 13, at Lowen Clinic, 23280 Farmington Road (two blocks south of Grand River), Farmington. Call (248) 474-6767.

Arthritis
Canton Center Chiropractic Clinic will present "The Truth Behind Arthritis" 7-8:15 p.m. at 8231 N. Canton Center Road, Suite 109, Canton. Learn about glucosamine, shark cartilage, chondroitin, SAM-e, and MSM. No charge. Call (734) 455-6767.

Fibromyalgia
"Understanding Fibromyalgia" will be held noon to 1:30 p.m. Thursday, Aug. 15, at Correct Care Family Chiropractic, 20446 W. Six Mile, Redford. The lecture and luncheon features Dr. Amanda Appleblat of the Doctor's Speakers Bureau, who will discuss holistic approaches to chronic pain and fatigue. No charge. Registration required. Call (313) 537-8100.

Thyroid cancer
ThyCa SE Michigan welcomes all to attend their Saturday Social 1 p.m. Aug. 17, at the Box Bar, across from Kellogg Park in downtown Plymouth. Call Mary Rose at (734) 397-2801 or e-mail: SE_MiThyCa.org. For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 588-7904.

Health fair
The Good Food Company, 42615 Ford Road, Canton, will sponsor a Summer Health Fair noon to 3 p.m. Saturday, Aug. 17. Spinal exams, blood pressure checks, idiopathy, bone density screening, massage therapy, glucose testing and much more. Call (734) 981-8100. Sponsored by the Doctors Speakers Bureau.

Loss of baby
"Parents Supporting Parents," a support group for parents coping with the loss of an infant through miscarriage, stillbirth or newborn death, meets 7 p.m. the third Monday of each month at Providence Hospital-Southfield, 16001 W. Nine Mile, Southfield. Next meeting Aug. 19. Call (248) 849-5342.

Baby care
Concerned about adapting to life with a baby? Sign up for "Baby Care Basics" offered 7 p.m. Monday, Aug. 19, at Mission Health Medical Center-Livonia, 37595 Seven Mile (at Newburgh), Livonia. \$200 per couple. To register, call (877) 345-5500.

Dyslexia
The Michigan Dyslexia Institute will offer computer-training classes 9 a.m. to 12:30 p.m. Aug. 20-22 at the institute's Detroit Metro Center, 30230 Orchard Lake Road, Suite 130, Farmington Hills. The first class is "Introduction to Computer Word." Fee: \$200. Call (248) 737-0044.

Muscle testing
Canton Center Chiropractic Clinic will offer "Contact Reflex Analysis and Muscle Testing Workshop" 7-8:15 p.m. Wednesday, Aug. 21, at 6231 N. Canton Center Road, Suite 109, Canton. No charge. Call (734) 455-6767.

Carpal Tunnel Syndrome
Doctors Speakers Forum will offer a free Carpal Tunnel Syndrome workshop 7-8 p.m. Thursday, Aug. 22, at the Carl Sandburg Library, 30100 W. Seven Mile, Livonia. Call (800) 286-0556.

Post-Polio Syndrome
The Michigan Polio Network will host its 17th annual Post-Polio Syndrome Conference Aug. 23 and 24 at the Valley Plaza Inn, Midland, Mich. The conference is open to anyone who wants to learn more about Post-Polio Syndrome or any other late effects of having had polio. Polio survivors and their caregivers welcome. Cost is \$25 and includes continental breakfast and lunch on Saturday. Pre-registration is recommended. Call (313) 885-7855 or (616) 964-8184.

Alzheimer's walk
The Alzheimer's Association Memory Walk 2002 will take place Saturday, Aug. 24 at the Detroit Zoo, Royal Oak. Registration begins 7:30 a.m. with closing ceremony at 11 a.m. featuring JJ from "JJ and Lyne" (WCSX 94.7 FM). Call (248) 551-8277 or visit www.alzdel.org.

Fibromyalgia
Dr. Paul Masalskis will offer a workshop on dealing with fibromyalgia 7-8 p.m. Tuesday, Aug. 27, at Lowen Clinic, 23280 Farmington Road (two blocks south of Grand River), Farmington. Call (248) 474-6767.

Headaches
The Doctors Speakers Forum will offer a free "Headache Workshop" 7-8 p.m. Thursday, Aug. 29, at the Carl Sandburg Library, 30100 W. Seven Mile, Livonia. Call (800) 286-0556.

Hearing problems
Marshall Field's Hearing Care in the Westland Mall offers a free hearing test and consultation Aug. 29-31. For an appointment, call (734) 458-5570.

SEPTEMBER

Thyroid
The ThyCa SE Michigan support group will meet 6:30 p.m. Monday, Sept. 9, at the Plymouth Library, 223 S. Main Street, Plymouth. Dr. David Brownstein (http://dabrownstein.com/) from the Center for Holistic Medicine in West Bloomfield, will be the guest speaker. He is the author of *Overcoming Thyroid Disorders, Overcoming Arthritis, and The Miracle of Natural Hormones*. Call Tracy Green at 734-453-7945, e-mail: mthyroid@comcast.net, or visit: http://mihomelove.com/thyroid.

Divorce support
The Women's Resource Center at Schoolcraft College will offer a "Divorce Support Group" 7-9 p.m. the second and fourth Tuesday of each month beginning Sept. 10. The group is for those contemplating divorce, in the process of divorce or having difficulty adjusting to divorce. At the first meeting, an attorney will answer questions in a private setting on a first-come-first-served basis. Call the WRC at (734) 462-4443.

Bereavement
"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlebelt Road in Livonia. The next meeting is Monday, Sept. 2. The group also meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by Diana Quattro, bereavement coordinator at Heartland Hospice in Southfield. Call (800) 770-9659.

Arthritis Self-Help
The Arthritis Foundation, Michigan Chapter will offer an "Arthritis Self-Help Course" 1-3 p.m. Sept. 11, 18 and 25 at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia. Call (800) 494-1650.

Arthritis
Oakwood Healthcare System will offer "Don't Let Arthritis Beat You," a free program on preventing and managing arthritis 9 a.m. to noon, Saturday, Sept. 14, at the Dearborn Inn. The event will include a question-and-answer session with orthopedic surgeon Dr. Eric Silberg. Pre-registration required. Call (800) 543-WEILL.

Alzheimer's/Dementia care
Lutheran Home Livonia, 28910 Plymouth (between Inkster and Middlebelt), Livonia, will offer "Communicating & Connecting with the Alzheimer's/Dementia Resident," a one-hour program presented 6:30 p.m. Tuesday, Sept. 17, by the Michigan Public Health Institute-Center for Long-Term Care. Call (734) 425-4814.

Health care
Learn about the types of services home care provides, how to choose a home care provider and payment options. St. Mary Mercy Hospital will host a lecture on "Health Care Options In Your Home" 1-3 p.m. Wednesday, Sept. 18, in the Auditorium. All who attend will receive a free booklet on "A Consumer's Guide to Home Health Care." No fee. Pre-registration is requested. Call (734) 655-8940.

AMA Walk
The American Heart Association's Metro Detroit American Heart Walk will take place Saturday, Sept. 21 on the grounds of the Meadowbrook Festival at Oakland University, Rochester. Walkers can choose a 1 mile or 2.5-mile course. Call (800) 966-1793 or visit www.heart-walk.kintera.org/detroit.

Event honors local Sept. 11 relief effort volunteers

The Southeastern Michigan Chapter of the American Red Cross and Standard Federal Wealth Management will sponsor a "Tribute to the Red, White and Blue" Tuesday, Aug. 27, at the Ritz-Carlton in Dearborn.

The dinner will honor local individuals involved in the Sept. 11 relief efforts. The dinner will also recognize the generosity of the southeast Michigan community, which donated more than \$16 million through the Chapter for the Liberty Fund in the aftermath of Sept. 11, including more than 44,000 individual contributions. All proceeds from the event will benefit the Southeastern Michigan Chapter of the American Red Cross for local disaster relief in the tri-county area.

"Tribute to the Red, White and Blue" will begin with cocktails at 6 p.m. and dinner at 7 p.m. Tribute reservations are \$200 and \$300. Call (313) 833-2630.

4 days only

50% off

...the regular retail prices on all top mount* and side-by-side** refrigerators

*21-cubic feet or larger. **23-cubic feet or larger.

Take home unheard of savings on brand name merchandise from Sears Outlet Stores. You'll find a large selection of refrigerators, washers, dryers, ranges, T.V.'s and more. And the difference you'll save at the cash register will feel great in your wallet.

SEARS OUTLET STORE

15-50% off* all home appliances every day
*Regular retail prices. Excludes Special Purchases.

SEARS WAREHOUSE OUTLET
12001 SEARS AVE.
LIVONIA
1 MILE WEST OF MIDDLEBELT
OFF PLYMOUTH RD.
PHONE: 422-5700
Now more ways to buy at Sears

Open 7 Days
Mon.-Fri. 9:30 a.m.-8:00 p.m.
Sat. 9:30 a.m.-8:00 p.m.
Sunday 12:00 Noon to 5:00 p.m.
Sale Ends Wednesday, August 14, 2002

PREVIOUSLY SELECTED MERCHANDISE NOT INCLUDED

FLAGSTAR BANK

Freedom of Choice

Classic Checking
Convenient with tiered interest rates.

Homebuyers Checking
Convenient free checking account for homeowners.

Star Checking
Convenient Online banking. Open and maintain your checking account exclusively Online.

Flagstar 55 Checking
Convenient free checking exclusively for customers over age 55.

Smart Checking
Convenience that gives you more than you'd expect (i.e. travel services, discounts & much more).

Introducing...the NEW
Flagstar Premier Business Checking Accounts!

Flagstar Premier Business:
DBAs, Non-Profit Organizations, Sole-Proprietors or Husband/Wife Partnership, Public Entities.

Flagstar Premier Incorporated:
Incorporated business and LLCs.

FLAGSTAR BANK

Convenience You Can Count On.

Ann Arbor 734-663-9699 734-994-7800 734-214-2285 734-528-2685	Detroit 313-832-7971 Farmington Hills 248-324-0013 Farmington 810-714-2734 Belleville 734-699-6639 Bloomfield Hills 248-985-8613 Canton 734-981-4942 Chesterfield 586-421-0388 Clinton Township 586-263-4971	Rochester 248-652-9792 Roseville 586-778-8043 Sterling Heights 586-803-1180 586-286-3320 Taylor 313-299-0186 Troy 248-312-5400 248-288-6559 248-435-0059 Waterford 248-674-1380
---	---	---

MEMBER FDIC

FLAGSTAR CHECKING ACCOUNTS: A minimum deposit is required to open a new checking account. Restrictions apply.

Call 888-LOAN-15B