



Low-calorie Christmas eating

Any rotund Santa will appreciate this Christ-mas menu developed by Weight Watchers In-ternational, inc. Designed to add to holiday joy without adding unwanted pounds, the meal includes parsley roast leg of lamb with caper sauce, baked potatoes, green beans and salad

with mushroom dressing. The appelizer is do-mato bouillon and dessert is pineapple cherry parfait with whipped topping. Recipes are available from Weight Watchers Holiday Reci-pes, Box 125 LVm Southfield 48076.

Handicapped are sought in Outreach Month drive

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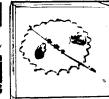
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rEPIC for an evaluation of their child's reeds.
Parents also are advised to take to the recting a special advicate who is knowledge-tile about law and special education pregrams. The PAC can recommend persons for that function, or one can be located by ealing the Michigan Association for Children with Learning Dashbittes, and the second of the Children Wall Learning Dashbittes, the Children Children and Secondary of the Unaband Courty Association for the Unaband Courty Association for Rectified Gitzens 339-122.

Oakland Parent Advisory Committee members include Patricia Berg of Ason dale, Mary Lou Herrold of Birmingham.



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