

Have it made in the shade with a tree from the Beautification Committee

TREE PLANTING PROGRAM
CITY OF FARMINGTON BEAUTIFICATION COMMITTEE

Type of Tree _____ Name _____
Quantity Ordered _____ Address _____
Price _____ Phone No. _____

City of Farmington, 23600 Liberty Street, Farmington, Michigan 48024
(Please include check with your order.)

Gardeners who want to have it made in the shade next summer can enlist now in the City of Farmington Beautification Committee's fall tree planting program.

Shelter from shade and a cool breeze are bound to come to the trees' new owners without the monthly hassle of electric bills and malfunctioning fans.

Steinkopf Nursery of Farmington in cooperation with the beautification committee offers several varieties of shade trees and shrubs to residents. The price of the trees includes planting and a one-year guarantee.

Mail the coupon before Nov. 15 with a check or money order to the City of Farmington, 23600 Liberty, Farmington 48024.

All trees will be planted by early December.

Shade trees between 10-12 feet high and 1-1 1/2 inches in trunk size are available for \$35. Trees being offered are greenspire linden, shademaster locust, crimson king maple, silver maple and marshall ash.

Flowering crab trees between four to six feet high are available for \$20. They are between 1-1 1/2 inches in trunk size. For \$35, homeowners also can order shrubs. The Norway spruce is between three to four feet high.

COLORADO BLUE spruce between two to three feet high also is offered. The selections are considered to be the hardiest varieties according to the beautification committee.

SATURDAY TIME Show
SHOWS AT NOON, 2PM, & 4PM, At Our Twelve Oaks Store Play Area Only.

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Coming Attractions

- Nov. 11 The San-Jan Puppets
- Nov. 18 The Mimes will decorate the Gum Drop Tree for Christmas
- Nov. 25 Nova the Magician returns

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Hypertension hits all ages

By CAROL MAHONEY

What does hypertension mean to you? If the term conjures up visions of overweight, highly strung personalities, you don't have a correct understanding of the condition.

A booklet published by the American Pharmaceutical Association states that "hypertension is high blood pressure, no more, no less."

Even a relaxed, easygoing person may have high blood pressure. More frightening, the condition if undetected and untreated, may lead to a stroke, heart disease or kidney disease.

Youth does not guarantee immunity. Recent studies indicate that high blood pressure has been found in 3-year-old children.

Because there are so many misconceptions about hypertension and who is likely to have it, it is important to have your blood pressure checked, said Michele Zarza, community nurse coordinator at Henry Ford Hospital's West Bloomfield Center.

The clinic at the center, in cooperation with the American Heart Association, offers free screening for adults every Thursday from 1 p.m. to 4 p.m.

Ms. Zarza, a registered nurse, said, "We never tell anyone they have high blood pressure. That would be a diagnosis. We will only tell them that their reading is elevated and suggest that they see a physician to determine what has caused it. Many things could be responsible."

THE SCREENING, as Ms. Zarza explained it, begins with a medical

history obtained from the subject by a volunteer worker. Questions deal with prior heart trouble, heart attack, kidney trouble, last physical examination, and family history.

"This gives us an idea of where the patient stands in regard to his health maintenance," she said.

After the medical history is recorded, a volunteer nurse takes the blood pressure and gets a reading. Volunteer workers say that out of 40 people who come in on a given day, possibly two might have extremely high readings. As many as one-third might need to see a doctor afterwards.

Ms. Zarza emphasized that a patient is never referred or directed to a physician. "The patient must make the decision," she said. "We can only suggest on the basis of an abnormal reading."

If persons coming to the screening do not have a personal physician, they can make an appointment to see a staff physician at the center.

When a physician diagnoses hypertension in a patient, treatment will generally involve a change in diet. Kathleen Kinney, a registered dietitian at the center, prefers to tailor a diet to the specific individual. In order to do this she must first ask him or her about present eating habits.

"I try to come up with something the patient can work with," she said.

ALTHOUGH A LOW SODIUM DIET is required for a person with hypertension, Ms. Kinney said there are some new salt-free products which are palatable.

Initially Ms. Kinney may spend an hour with a patient. Follow up visits gauge the patient's progress with the diet and modifications are sometimes necessary.

Ms. Kinney said it would be unusual for her to make up a diet for a person whose only ailment is hypertension. Often it is seen in combination with obesity or diabetes, she said.

Mariene Margolis, pharmacist, is likely to see the patient whose condition cannot be controlled by diet alone. She said that a diuretic is the most common drug prescribed to a person with high blood pressure. "It gets rid

(Continued on page 8A)

A Special Invitation to you from Vic Tanny

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