

# Save-A-Life kits available in Farmington area

A kit is now available for persons with chronic health problems. It's been designed to assist rescue efforts during an emergency situation by supplying vital medical information on the spot. It's called "Save-A-Life" and, according to its sponsor, Woodland Medical Center, has been endorsed by police, fire and emergency medical personnel in a number of Wayne and Oakland county communities.

"Anyone that has a chronic health problem with the potential of rendering him or her unconscious lives with the fear of being unable to communicate

during a medical crisis," said John Mucasey, M.D., president of Woodland Medical Group P.C.

"These individuals can have a hand in saving their own lives by having the right kind of information available for rescue personnel, and that's the purpose of a 'Save-A-Life' kit."

The kits are particularly useful for the elderly, those who are on daily medication, and persons with chronic disorders or a history of heart trouble, he said.

With more than 11,000 kits already handed out during the first few weeks

of distribution, Dr. Mucasey emphasized how easy it is to assure yourself protection with "Save-A-Life".

First, get your kit (a 6x9-inch envelope) at one of these locations:

- Farmington Hills Offices, 31555 11 Mile, Farmington Hills.
- Farmington Hills Police and Fire Department, 31555 11 Mile, Farmington Hills.
- City of Farmington Hills Fire Station No. 4, 28711 Drake, Farmington Hills.
- Manufacturers National Bank, all Farmington Hills branches.

- Bank of the Commonwealth, 29657 Orchard Lake Road, Farmington Hills.
- Michigan National Bank, all Farmington Hills branches.
- Metropolitan National Bank, all Farmington Hills branches.
- Farmington Community Library, 12 Mile, Farmington Hills.
- City of Farmington, 23600 Liberty, Farmington.
- Police Department, City of Farmington, 23600 Liberty.
- National Bank of Detroit, all Farmington Hills branches.

- Michigan National Bank, all Farmington branches.

Each "Save-A-Life" kit contains four medical information forms, two plastic packets, two strip stickers, two self-adhesive "Save-A-Life" ID stickers and one instruction sheet. Additional forms and plastic packets are available from Woodland Medical Center.

Second, have your physician fill out one form for every person in your household.

Third, place one packet on the inside wall of your refrigerator and another

on the top of your car's sun visor on the passenger side.

Fourth, to alert rescue personnel of the availability of the kits, place the self-adhesive "Save-A-Life" stickers on the door of your refrigerator and the rear window of your car. Police, fire and emergency medical personnel have been notified to watch for them.

For additional information and/or participation in "Save-A-Life" contact Woodland Medical Centers, Public Information Department, 41935 W. 12 Mile, Novi 48050 or call 313 855-3222.

## Auto Club rewards 3 Hills residents

Three ninth-graders at Farmington Hills' Our Lady of Mercy School will be honored by the Automobile Club of Michigan May 29 as top winners in National AAA's 37th Annual School Traffic Safety Poster Contest.

Debbie Horton, 14, 29097 Utley, Farmington Hills, took first place and \$125 in U.S. Savings Bonds in the junior division with her poster, "Expect The Unexpected."

Rhonda Hawkins, 14, 24143 Elizabeth Ct., Farmington, was a third-place winner for her poster, "Bad Weather Driving Requires Extra Care." She will receive a \$50 Bond.

Debbie Meria, 14, Livonia, also took

a third place and a \$50 Bond in the junior division for her entry, "Expect The Unexpected."

Three other Our Lady of Mercy pupils were winners in the state contest.

Robalée Mucasey, 14, Detroit, took first place and \$125 in bonds in the junior division for a poster depicting the safety theme, "Expect The Unexpected," and Caryn Sandusky, 14, Dearborn, earned a \$50 Bond for her third-place poster, "Bad Weather Driving Requires Extra Care." Katie Shaleh, 14, 28152 Statler, Farmington Hills, placed third in the junior division for her poster, "Expect The Unexpected,"

and received a \$50 Bond.

The students are among 29 to be honored by the Auto Club along with their parents and art teachers at a noon awards luncheon at Dearborn's Fairlane Manor.

Posters were designed around one of 20 safety themes and winners were selected from grades K-3, 4-6, 7-9 and 10-12.

12. Posters were judged on originality, art execution, visual impact and interpretation of a safety slogan.

Six Michiganians ages 7 through 14 won \$475 in bonds awarded in the National AAA contest which drew more than 50,000 entries from the United States and Canada.

LaVerkin, Utah 84745. For information, send a self-addressed, double-stamped envelope and 10 cents in coin.

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# Kotila Chiropractic Life Center

## 28800 8 Mile Road Farmington Hills

**471-0440**

What everyone should know about... **HEALTH** Thru Chiropractic **HAY FEVER**



**An Important Message From Dr. Kotila "NERVES"**

"Your trouble is nerves, just nerves, that's all," many have been told. But your nerves are too important to your body to be dismissed so easily.

Nerves make possible every function of your body. Your nerves transmit all sensation to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact, every function taking place in your body is under the control of the nerve system.

Perhaps you have never been blessed with natural health...natural health that comes only when you have a perfect, unblocked nerve system. I'm talking about the solid "your-for-life" kind of health that gives you boundless strength and energy for the day's work...builds firm tissue and muscles all over your body...lights off the usual deterioration of "middle age"...brushes aside sickness, shrugs off ordinary aches and pains...rewards you continuously with that "it's-just-great-to-be-alive"...feeling...day after glorious day.

Yes, that's the kind of health I mean. Not one person in a hundred in the U.S. has it today, but chances are you can enjoy health like that...if you are willing to open your mind to a new look at life and health.


All healing of lasting value comes from within the body. You were born to be healthy, and health is within you now. But good health depends on good nerve function.

Nerves are the electrical system of the human body, and the spinal column is the switchboard controlling health.

The nerve chart clearly shows how the nerves to all parts of the body start in the brain, pass down inside the spine, exit through narrow openings between the vertebrae, and extend outward to the various organs and limbs.

And pinching of these nerves as they leave the spine can cause trouble in the organs or limbs serviced by these nerves.

A simple, painless and inexpensive spine and nerve test can quickly reveal if you are a Chiropractic case. You owe it to yourself and your family to have your nerve system tested and find out for sure. Every health problem has a cause and the cause must be found and corrected before you can get well.



Hay fever, as a general rule, is an acute inflammation of the mucous membranes lining the nasal passages. In some cases the inflammation extends down as far as the bronchi.

It is characterized by thin, watery discharge from the nose, and the mucous membranes lining the nasal passage are so swollen making respiration very difficult.

It is commonly supposed to be "caused" by the irritation produced by the pollen of flowers or weeds or effluvia from some plants, weeds or flowers. This "cause" varies in sections from the so-called ragweed to the effluvia from the rose to the dust from freshly cut hay or weeds.

The pronounced stage of this condition begins with sneezing, the same as with an ordinary cold. Eyes become easily irritated; tears flow easily and continuously; eyeballs become inflamed, and the tissues around the eyeballs and eyelids become congested and reddened.

There is an almost continuous watery discharge from the nose and sleep becomes very difficult. The patient is restless and irritable during the sleeping hours.

Chiropractically, the cause of this incoordination is a vertebral subluxation. The nerves going to the affected portion of the upper air passages of the respiratory track emit from the spine. When an impingement on these nerves occurs, it is necessary to release such interference by chiropractic care, allowing normal transmission of nerve force between the brain and the affected organs of the body.

Children need spinal check-ups early in life, for very obvious reasons. In the formative years, little ones are most susceptible and most exposed to the human and natural influences which could affect their health. Preventative maintenance can ward off disease and illness. Children love chiropractic, because it is gentle and effective. No foul-tasting medicines to force down, no painful and dangerous injections. And no financial drains on the parents.

The diseases of children are many and varied, but virtually all of them can be avoided through regular scientific health care service.

Why should your children be sick when they can be feeling well?

**EVERY WEDNESDAY AT 7:00 P.M.**

Join us at the Kotila Chiropractic Life Center on any Wednesday evening for a night of new ideas and new life. Your questions will be answered and valuable information will be given to you. Everyone is welcome, so find out more for your family and yourself! Take time to learn how chiropractic care can help YOU! It just may be the most informative hour you've ever spent!

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