

Celebrities lose so others may gain

Twenty Detroit celebrities are participating in an ambitious activity that benefits not only themselves but others as well who have joined Weight Watchers "Quick Start for Charity."

The celebrities are going on the new Weight Watchers program for three weeks to lose between 8 and 15 pounds. The public, in turn, is invited to pledge any amount of money on the weight loss of their favorite celebrity while all proceeds going to the celebrity's designated charity.

Bob Bennett, political reporter, will be losing to gain for the benefit of Focus: HOPE.

Joining him in the effort for Focus: HOPE is Jonathan Round, musician, actor, and director of the Detroit Times Theatre Company. Round has been familiar with the work of Focus: HOPE for nearly 10 years now.

The major projects of Focus: HOPE address hunger and malnutrition of low-income mothers, infants, preschool children and the elderly; high skill training and industrial job expansion, and community education.

Columnist George Cantor is joining the group to help Easter Seals Society of Oakland County.

Mort Crim, news anchor and host of "Mort Crim's Free 4 All," is also teaming up for the Easter Seals Society, which has been providing services to the community since 1948 and is dedicated to helping all handicapped children, adults and their families without distinction or discrimination. Their services include speech, physical and occupational therapy.

Shelley Casiner, reporter and producer of news magazine "Video Detroit," will aid the Jewish Association for Retarded Citizens, formed 14 years

ago to provide residential services for mentally retarded adults.

Brooks Patterson, prosecutor of Oakland County since 1972, is going on the program for the Oakland County Special Olympics.

The olympics provides athletic competition and a variety of olympic-type sports for mentally impaired children and adults. The organization provides year-round events and training programs.

LINDA CAUSLEY, anchor and radio reporter, will lose weight for the March of Dimes.

March of Dimes has been promoting medical research to prevent birth defects for 47 years. The foundation also actively promotes public and professional health education.

Jane Rayburn, editor of "Metropolitan Detroit" magazine, is joining for St. Patrick's Senior Center. The center seeks to meet the needs of the senior citizens of the Cass Corridor, looking out for their health and welfare while providing hot meals for the residents of the area 353 days of the year.

Judy Adams, program director of WDET-FM radio, will be raising funds for the station. WDET-FM is a public, non-commercial radio station providing an alternative broadcast service to southeastern Michigan.

Robert B. Blackwell, mayor of Highland Park, and Paul Hubbard, vice president of New Detroit Inc., are dining for the United Negro College Fund. The fund helps 42 black colleges and universities provide high-quality, low-cost education to 45,000 students.

Detroit City Councilwoman Barbara Rose Collins, radio personality Susan Edwards and Ben Frazier, host of Detroit Black Journal are also participating. Each is already actively involved in a number of charitable and civic affairs but they are dedicated to losing weight on the new program for the Black United Fund Inc.

The Black United Fund is a community-based resource center for grassroots, non-profit projects. The fund assists projects such as Afro-Armenian Museum and the Latin-Americans for Social and Economic Development, through referrals, funding, consultation and/or technical assistance.

JACK DAVIS, host of "The Public Exchange" will be working for the Detroit Area Chapter of the Alzheimer's Disease and Related Disorders Association. Alzheimer's is a little known, but surprisingly common disorder, that affects the cells of the brain. The association provides education and support for families with a member afflicted with the disease.

Todd Hissong, director and reporter of two weekly segments for P.M. Magazine, is dining for Hawthorn Center in Northville. The center was one of the first comprehensive psychiatric treatment programs for children and adolescents in the U.S. when it opened in 1958. The center offers a variety of services including residential and outpatient treatment, a language clinic, a prevocational program, a work experience center and an adolescent drug abuse clinic.

Tom Jones, publisher of "Metropolitan Detroit" magazine, and the Detroit Red Wings director of community affairs Bud Lynn are both in the event for the Father Clement H. Kern Memorial Fund of Most Holy Trinity Church.

Throughout his life Father Kern fought the causes of the less advantaged, helping to feed and house the disadvantaged, establishing free medical and legal clinics and sponsoring education for the poor. The fund was developed so that the work of Father Kern would continue in Detroit.

CATHARINE RAMBEAU, movie critic, is participating in Weight Watchers "Quick Start for Charity" to raise funds for Interim House, a Detroit-area shelter for battered women and children.

"There are more than two-million domestic violence cases reported every year in this country," says Rambeau. "Who knows how many really take place? Women, especially women with children, often have no place to go and places like this are their only hope. Interim House helps about 750 women a year, but the police here get more than 26,000 domestic violence calls a year. That's a lot of women and kids who need help."

Radio personality Larry McDaniel is supporting the preservation of the Detroit Zoo by shedding pounds during this project.

Aggie Wooddy, hostess of the Daily Lottery Show and Card Game drawing, is taking part in this fund-raiser on behalf of the Leader Dogs for the Blind.

Leader Dogs for the Blind is a non-profit school that was established in 1939 to train dogs to lead blind persons and to provide facilities and means whereby blind people could obtain leader dogs. The leader dog provides mobility with dignity.

Rita Griffin, entertainment editor for the Michigan Chronicle, is joining the effort for the Lulu Belle Stewart Center. The center counsels adolescent expectant parents and also aids in preventing unwanted pregnancies.

Jack Kelley, Detroit City Council member, has announced his cause will be the Sacred Heart Rehabilitation Center, a live-in residential treatment center for alcoholism, offering long-term treatment and family counseling. Phyllis Redfern, general manager of a suburban newspaper, is participating for the cancer research program of Sparrow Hospital in Lansing.

Those interested in receiving a pledge form are asked to call Marianne Davis, or Monica Deeter at Weight Watchers, 557-6100.

Tiger owner to speak here

Tom Monaghan, president and founder of Domino's Pizza and owner of the Detroit Tigers, will speak at 2 p.m. at the Orchard Ridge Campus of Oakland Community College on Friday, Jan. 27.

After discussing the success of Domino's — one of the largest independent fast food chains — Monaghan will answer questions about his company and the Tigers.

The program, which will be in J-292, will be free and open to the community. The college is located on Orchard Lake Road south of 12 Mile Road.

Up to 50% Off

PFALTZGRAFF SALE

Place Settings \$9.95

Accessories 25% Off

thru January 28, 1984

The Olds Garage Bar

550 S. Main

Plymouth

451-0800

January Specials

Zelos Foam Perms \$48 complete \$27 (includes 16)

PERMS \$18* AUP \$16*

Protein Builder \$12.95

HAIRSETS \$16*

PRECISION HAIRCUTS \$9

Senior Citizen Sets Mon. Tues. 7-11

Sat. 9-11 Open Every Evening

422-9597

Ann's Hair Design

29249 Rayburn • Livonia

(8 Mile & Middlebelt area - around corner from 7-11)

DETROIT AUTO SHOW SALE

Slightly used carpet from the Detroit Auto Show now available in a wide variety of colors and styles.

STARTS WEDNESDAY

\$1.00 to \$4.50 to SQ. YD.

Come In Now For Best Selection

DONALD E. McNABB CO.

22150 W. 8 Mile (W. of Lahser) • 357-2626

HOURS: Mon.-Thurs. 9-5:30; Fri. 9-8; Sat. 9-1

WHALING'S SEMI-ANNUAL SALE

FURTHER REDUCTIONS

Excellent Selections From Regular Stock

MEN'S CLOTHING - Suits, Sport Coats, Dress Slacks and Topcoats

MEN'S FURNISHINGS - Dress Shirts, Neckwear, Pajamas, Robes, Gloves and Mufflers, Hats and Caps.

MEN'S SPORTSWEAR - Sportshirts, Sweaters, Casual Slacks and Activewear.

MEN'S OUTERWEAR - Winter Jackets, Wool Car Coats and Lined Raincoats.

whalings

A Name You Can Depend On

203 Pierce Street • Birmingham • 846-1212

Use Visa/Master Card/American Express-Open Thursday & Friday Evenings

CHIROPRACTIC IN A NUTSHELL

To give you a better idea of chiropractic... let's compare the spinal cord to a telephone cable. The spinal cord, like the telephone cable, carries a continuous stream of messages from the brain to all parts of the body. The functions of the body are controlled by these messages... so the system is extremely important.

If the telephone cable were damaged — someone would be without telephone service. If your spine were to be bumped, or a vertebrae out of alignment, a portion of your body could be receiving less than normal nerve energy. This can cause even your heart, stomach, or other organs of your body not to operate properly because of improper nerve energy supply.

Chiropractic deals with the nerves. The place that hurts isn't always the place where pain originated. This is why chiropractic maintains that a healthy spine makes for overall good health.

Don't let a minor spinal injury ruin your health. A complete chiropractic examination and program can be your answer to good health. Call the Chiropractic Clinic today... that's the chiropractic story in a nutshell. Don't wait until it's too late.

★ NO CHARGE FOR CONSULTATION ★

- We accept Workman's Compensation & Personal Injury Cases.
- Auto Accidents
- Most Insurance Plans Pay Chiropractic Services.
- 24 Hr. Emergency Care.

ANDAN CHIROPRACTIC CLINIC P.C.

Mon.-Fri. 9 am - 1 pm, 2-7 pm; Sat. 8:30 am - 1 pm

Individual and Family Health Care

27448-52 W. 7 MILE LIVONIA 534-4110

Hills residents elected at LIT

Two Farmington Hills residents have been elected to student offices at Southfield's Lawrence Institute of Technology.

Jim Holland, a senior in LIT's mechanical engineering program, was elected treasurer of LIT's student chapter of the American Society of Mechanical Engineers. A certified manufacturing technologist, Holland is also a member of LIT's student chapter of the Society of Manufacturing Engineers.

Bruce Trojanowski, a sophomore in LIT's electrical engineering program, was elected vice president of LIT's student chapter of the Society of Physics Students. A member of LIT's Phi Kappa Upsilon fraternity, Trojanowski is a 1982 graduate of Lutheran Northwest High School in Farmington Hills.

GRIMES CLEANERS

FARMINGTON DOWNTOWN

471-0999

MOVED TO A NEW LOCATION

33425 GRAND RIVER

(NORTH SIDE OF FARMER JACK)

We moved for more convenience

- It has easy access from three roads
- 1. Farmington Road 2. Grand River Road
- 3. State Road
- It has convenient parking
- Within walking distance from the old location and general shopping area.

20% OFF FOR DRYCLEANING

(New Location Only - Expires 2-29-84)

LIVONIA True Value

1 WEEK SPECIAL

Ker-Blo

HEATER BLOWER

\$39.95

Model 280-210

FEATURES: • Uses only 20 watts per hour of electricity • Improves air circulation • Two speed fan in 6 1/2" fan — grounded plug in cord • Faned discharge provides maximum air movement • 1/2" or 3/4" diameter, heavy metal • Adjustable clip mounting • Self-protecting, anti-rust • Improves comfort • Reduces air circulation • For use on baseboard heaters.

KEROSENE HEATER CLOSE-OUT

From \$6.99 • 1000 BTU • 1000 BTU • 1000 BTU

KEROSENE

clean 4 1/2 gal. • 1000 BTU • 1000 BTU • 1000 BTU

927-1611

How good are you at maintaining good health?

All of us want good health. But many of us forget that everyone is responsible for maintaining his or her good health. It's not a matter of luck. You've got to work at it. Test yourself. Find out how much you know about first aid, accident prevention, reducing your risk of heart disease and home nursing skills. This is not a pass or fail test. Its purpose is to tell you how well you're doing in maintaining good health.

1. What should you do to control bleeding from a wound?
 - a. Apply pressure directly over the wound.
 - b. Run cold water over the wound.
 - c. Apply a tourniquet.
2. What is the most effective way to begin changing a personal risk factor for heart disease?
 - a. Don't worry about it.
 - b. Set a deadline date for change.
 - c. Identify the situations and conditions which influence the behavior(s) you wish to change.
 - d. Work harder at developing willpower.
3. The best place to check the pulse in an emergency is at the:
 - a. Upper arm.
 - b. Neck.
 - c. Wrist.
 - d. Thigh.
4. Which heat burns may be cooled in water?
 - a. This burns that are not open.
 - b. Deep burns that are open.
 - c. All heat burns.
 - d. No heat burns.
5. You should wait at least 10 minutes before taking the temperature if the person has been:
 - a. Running.
 - b. Smoking.
 - c. Drinking coffee.
 - d. Eating ice cream.
 - e. All of the above.
6. Overweight individuals are at greater risk for:
 - a. Diabetes.
 - b. Gall bladder disease.
 - c. High blood pressure.
 - d. All of the above.
7. What are the most common symptoms of high blood pressure?
 - a. Dizziness.
 - b. Headaches.
 - c. Heart palpitations.
 - d. No symptoms, usually.
8. How can you tell if your blood pressure is high?
 - a. By how you feel, physically.
 - b. By your emotions.
 - c. By your pulse rate.
 - d. By having it checked regularly.
9. After an accident, there is no sign of blood. The victim has cold, moist skin and feels pain and tenderness in the abdomen. The victim probably has:
 - a. Pulmonary arrest.
 - b. An infection.
 - c. An internal injury.
 - d. Cardiac arrest.
10. Which of the following nutritional statements is not correct?
 - a. Eggs are a good source of protein.
 - b. Vitamin D helps build strong bones and teeth.
 - c. Vitamin C maintains muscle tone.
 - d. Good sources of vitamin A are green and yellow vegetables.

ANSWERS:

1(a) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Score 10 points for each correct answer.

100 or 90 — Excellent: Your answers show you're aware of the importance of maintaining good health. But remember, you can't let Red Cross anytime anyone in your family needs health instruction.

80 or 70 — Good: But, there's more for improvement. Call Red Cross for a list of the health and safety courses available at your local chapter.

60 or below — You need help! Learn how to take better care of yourself and your family. Call your nearest Red Cross chapter. Countless lives have been saved through safety and health skills learned through Red Cross courses. And because of their skills, millions of Americans live safer, happier, healthier lives.

American Red Cross

We'll Help. Will You?