



retirement memos  
**Margaret  
Miller**

## A penny spent, or a dime

When we retired and saw our income tumble drastically, Joe and I decided to try something we hadn't done before. We started keeping track of every cent we spent.

We had gone for years or less designating certain amounts of money to cover certain kinds of expenditures. That worked just fine when there were salaries coming in. Now we thought we should have a closer check.

At this point, I can't say our record-keeping has done a great deal to deter spending. We may know better where the money goes, but it still goes. But filling the two little notebooks with jottings of daily expenditures has been an interesting exercise. We think we'll keep it going, even though I'm still learning to get used to one aspect of the practice.

FOR ONE THING, it gives us a journal-like record of our first year of retirement. Having written down when we bought what also can jog our mem-

## MS support groups start

Henry Ford Hospital and the Metro-Detroit Branch of the National Multiple Sclerosis Society are jointly presenting the Multiple Sclerosis Support Group designed specifically for MS people and their families.

A daytime and an evening program of weekly discussions will begin Monday, April 2, and run through Monday, May 21. The daytime program 1:20 p.m. will be given in Henry Ford Hospital in Detroit. The evening program 7:30-9 p.m. will be given in Henry Ford Centennial Library in Dearborn.

There is no registration and admission is free. The topics presented will cover many pertinent aspects of multiple sclerosis and how it affects the lives of MS people and their families.

For inquiries call the Metro-Detroit Branch of the MS Society, 9671-2022.

ories on what we did when. It's handy information later on.

And with a monthly tally we can see whether spending goes up or down, and how much, and how it compares with income. And in a recent checking over, we noted with some surprise that there had been only one day with no expenditure at all, and darn few with only a 25-cent newspaper to record.

We've been able to note that some of our before-retirement spending projections were a little off. Food has cost us less than we expected; we have been rather amazed at what a bargain it is.

Utilities have been a bit more and telephoning a lot more. That last is not surprising with family members as far apart as we are, and by me that higher expense is still a great bargain.

BUT I HAVE to admit that recording every expense has caused its share of trauma for me. It's something brand new to have all outgoing money flowing openly from the same pot. In actuality, of course, that was always the case.

I did used to practice my little subterfuges, saving out household or salary money for certain important purchases, Joe's birthday or Christmas present, for instance. That way I could kid myself into thinking he wasn't paying for them.

I talked about this with my sister-in-law, who hadn't been employed outside her home, when she visited us recently. "How do you think your mother and I bought presents?" she asked. "You wrote a check or charged it, the same as with everything else."

I'm working on my distinctions — I know they're too small to be reasonable. Retirement is producing better records and may yet overcome a mental block or two.

Margaret Miller was Suburban Life editor for the Observer Newspapers for 16 years. She and her husband Joe have retired to Florida, where she writes Retirement Memos.

# Experimental drug carries hope for MS researchers

Muscular Dystrophy Association (MDA) is sponsoring a major multi-faceted study of an experimental drug that produced, for the first time in medical history, temporary improvement in patients with amyotrophic lateral sclerosis (ALS), a fatal neuromuscular disease.

The drug, called thyrotropin-releasing hormone (TRH), has been shown to improve muscle strength in ALS patients for as long as three days.

As part of its accelerated program to evaluate TRH's potential as a treatment for ALS, MDA is funding clinical trials at four major medical centers around the country. More than \$320,000 has been awarded for these studies since spring, 1983, and an additional \$400,000 has been earmarked for TRH grants through June, 1984.

"This landmark program is a prime example of what all of us associated with MDA are trying to bring about through fund-raising activities," said Thomas Leahy, president of MDA's Greater Detroit Southeastern Michigan Chapter. "It's what MDA is all about — eliminating 40 neuromuscular diseases that rob people of the use of their muscles and, in many cases, of life itself."

ALS, ALSO called Lou Gehrig's disease after the Yankee first baseman whose career was cut short by the disease in 1939, attacks motor neurons, causing rapidly progressive paralysis of virtually all skeletal muscles and eventual death.

TRH's beneficial effects were discovered by MDA grantee W. King Engel, director of the MDA clinic at the University of Southern California School of Medicine. The preliminary results of this breakthrough study were reported in the July, 1983 issue of "The Lancet." Great Britain's prestigious medical journal.

During his initial clinical trials with ALS patients, Dr. Engel reported that intravenous doses of TRH produce improved muscle strength for as long as 20 hours. In the second phase of his study, he injected small doses of the drug under the skin. The positive ef-

fects resulting from this method of administration are reported to last three days in many patients and as long as 12 days for some symptoms in some patients.

Now, MDA-sponsored researchers at three other major medical centers, Washington University School of Medicine in St. Louis, New England Medical Center in Boston, and University of Wisconsin Hospital and Medical School in Madison, are investigating whether these and various other methods of ad-

ministration can prolong or improve the effects of TRH.

"TRH is only available for experimental use with the approval of the U.S. Food and Drug Administration. It can't be recommended at this time as a standard treatment for patients with ALS," commented MDA President S. Monchy Small.

"The TRH drug trials are designed to determine two things, whether the drug safely can relieve the symptoms and halt the progression of the disease."

## IRS gives tax help

Internal Revenue Service Income Tax specialists will be in Farmington Hills to give free help filling out 1983 tax forms.

It's all part of a new outreach tax assistance program offered this year by the IRS. In Farmington Hills, the professional tax help is given from 3:30 p.m. Wednesday, April 4 in Farmington Hills Branch Library, 32737 12 Mile Road.

Bring tax forms package, form W-2 earnings statements, records of other income such as interest, dividends, tips and unemployment compensation. Reservations are requested by calling the library, 553-0300.

# Fresh Asparagus Festival

MARCH 12 - APRIL 22

Get a jump on Spring — where you can feast on all sorts of exciting Asparagus appetizers and entrees.

JUST LOOK AT ALL THE DISHES TO CHOOSE FROM:

APPETIZERS Cream of Asparagus Soup • Asparagus Egg Rolls • Fresh Buttered Asparagus • Tempura Asparagus • Fresh Asparagus Hollandaise

LUNCH & DINNER ENTREES

Fresh Fillet of Sole with Asparagus • Fresh Asparagus Quiche • Asparagus and Shrimp Bisque • Salad Lunch • Chicken Salad Croissant with Asparagus • Asparagus Stir Fry • Chicken Oscar • Salmon and Asparagus

Lunch starts at just \$4.50  
Dinner starts at just \$8.75

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# Westland April Special Events

## PROM NIGHT

The latest in Prom fashions, dresses and tuxedos, will be modeled by local high school students. Wed, April 4, 7 pm, Central Court

## ACCENT ON HOMES

Now's the time to start thinking of getting the house and yard fixed up — see our display on siding, windows, doors, heating and cooling systems, fencing, landscaping and more. Thurs - Sun, April 5 - 8, Throughout Mall



## EASTER BUNNY

What's Spring without a visit from that lovable character, the Easter Bunny? He's here to say "Hi" to all his young friends. Instant photos are available, capture this special moment in your child's life.

April 6 - 21, Mon - Thurs, 10 am to 8:30 pm, Fri & Sat, 10 am to 9 pm, Sun, 12 to 5 pm, Central Court.

## HEALTH-O-RAMA

Free medical testing available including height/weight, blood pressure, vision and, for a limited time, Pap Test. Blood work-ups are available for \$7.00. Mon - Thurs, April 9 - 12, 11 am to 7 pm. Registration begins in the West Mall.

## WESTLAND'S FASHION STATEMENT

This month's Fashion Show will feature spring clothes modeled by local Girl Scouts and their moms. Complimentary coffee and door prizes at each show. Wed, April 11, 11 am & 7 pm, East Court.

## THE EASTER EXPRESS

Come see a train load of live, cuddly animals — chicks, ducklings, piglets, bunnies, lambs and more. Enjoy the sights and sounds and smells of our barnyard friends in the Easter Express. April 13 - 21, Central Court.

## EASTER MUSIC

The Bethel Missionary Assembly of God Church Choir, under the direction of Ron Prevost, will sing sacred Easter selections. Sat, April 14, at 4 pm, East Court.

## LIFESTYLE SEMINAR

This month's Seminar is on Money Management. Our guest speakers will be Mark Folgmann and Barbara Oliver from IDS / American Express, Inc. They will discuss tax savings ideas, Retirement Planning, insurance concepts and more. A complimentary continental breakfast will be served. The Seminar is free but reservations are necessary. Call 425-5001. Tues, April 17, 10 to 11 am, Auditorium, located in the Emporium.

## MY LIFE IN THE YEAR 2001

Winning entries from students in our Wayne / Westland Schools in an art contest sponsored by Encyclopedia Britannica will be on display. The theme of the contest is "My Life In The Year 2001." Reproductions of winning entries from children around the world will also be on display from a similar contest held by the United Nations in 1980. April 23 - 29, East Court.



## SNOW WHITE

Actor's Trunk Company will present the enchanting story of "Snow White and the Seven Dwarfs." Come see this troupe of very talented performers delight young and old alike with the magic of theatre for children. Tues - Sat, April 24 - 28, 11 am & 3 pm daily plus a 7 pm show on Friday, Central Court.

## Sneak Preview of May Events

Budweiser Olympic Art Exhibit - May 1 - 5  
AAUW Book Sale - May 3 - 5  
Spring Car Show - May 8 - 14  
Fashion Statement - May 9  
Lifestyle Seminar - May 15  
Woodworking Demonstrations - May 17 - 20  
Safety City - May 23 - 27

**Westland Center**  
Wayne and Warren Roads, Westland

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