

club circuit

NOW (National Organization for Women), Western Wayne County Chapter, meets at 7:30 tonight in Room 5, Emerson Junior High School, 29100 W. Chicago, Livonia. Program for the evening will be the showing of three short films, depicting a different aspect of women's lives.

Maureen Stapleton portrays a homemaker who questions the meaning of her life in "Does Anyone Need Me?"

Elna Noble, State Representative for Massachusetts, speaks of complex and crucial social and political issues in "A Woman's Place is in the House."

"Fat — and Proud Of It!" presents the views of heavy women who have come to accept themselves as they are.

The meeting is open to guests at no charge.

The chapter's hotline number is 591-9344.

TOASTMASTER INTERNATIONAL begins a new Saturday morning breakfast club at 8:30 p.m. Jan. 10 in Big Boy restaurant, Westland Mall. Reservations and inquiries are taken by Phyllis Sullivan, 455-1635.

PHOENIX I, a singles dance club, meets at 8:30 p.m. every Sunday in Roma's of Garden City, 32550 Cherry Hill. Admission is \$4 at the door.

MICHIGAN CACTUS AND SUCULENT SOCIETY meets to play a game based on the TV show, "Wheel of Fortune," at 2 p.m. Sunday, Jan. 11, in Good Shepherd Lutheran Church, 614 North Campbell, Royal Oak.

Guests are invited to join in guessing plant names, phrases dealing with plant care, places where cactus and succulents are grown, and people associated with these plants.

Admission is without charge. Inquiries are taken by Carmen Bohunicki, 574-2793.

DAUGHTERS OF THE AMERICAN REVOLUTION, Three Flags Chapter, meet for a noon dessert Monday, Jan. 12, in the Royal Oak home of Barbara Mancarrow.

Speaker for the afternoon will be Jeanne Jensen, who will relate her experience with the Elderhostel program in England this summer.

MICHIGAN PROFESSIONAL

WOMEN'S NETWORK meet at 6:30 p.m. Monday, Jan. 12, in Ramada Inn, Southfield.

Speaker for the day is Esther Shapiro, consumer affairs director for Detroit. Her topic is "Frauds I Have Known and Loved."

All meetings sponsored by the group are open to guests, but reservations are necessary, by calling Pat Cunningham, 258-0822.

FARMINGTON AREA ASSOCIATION OF RETIRED SCHOOL PERSONNEL meet at 11:45 a.m. Tuesday, Jan. 13 in Buggy Works, Orchard Lake Road, south of 13 Mile. Guest speaker for the day is Graham Lewis, superintendent of Farmington Public Schools.

WELCOME WAGON OF FARMINGTON FARMINGTON HILLS meet at 7:30 p.m. Tuesday, Jan. 13 in Farmington Hills Branch Library on 12 Mile Road east of Farmington Road.

Speaker for the day is Kay Gould-Caskey, who will talk about her book, "Within the Bones of Memory," a work about telepathy and psychometry.

The meeting is open to all residents who are new to Farmington and Farmington Hills without charge.

HILL AND DALE GARDEN CLUB meet for a program called "The Foundation and the Federation" at 8 p.m. Thursday, Jan. 15, in Farmington Hills Branch Library. Guest speaker for the day is Michael Courtney, an orchid specialist. Member speaker is Nancy Tassell, a former president of Hill and Dale, former president of District I, Federated Garden Clubs of Michigan, and currently first vice president of Federated Garden Clubs of Michigan.

FARMINGTON GARDEN CLUB celebrates its 10th anniversary at 7:30 p.m. Friday, Jan. 16 in Farmington Community Center. The event is open to guests.

All club news and announcements for this column are to be addressed to: Club Circuit, Farmington Observer, 32303 Grand River, Farmington 48024. The information must arrive before noon on the Monday before Thursday publication.

Study shows impact on children by fathers who rear their youth

Fathers who choose to stay at home a good part of the day caring for their children while their wives work or go to school have been shown to have a beneficial effect on their children's social and intellectual development.

But men who take over a large share of child rearing because they are unemployed do not seem to have the same impact, according to a preliminary study by a University of Michigan social work professor.

"Unemployed men may be missing out on an opportunity to take advantage of the extra time spent with their children to stimulate social and intellectual growth," says Professor Norma Radin.

In her study, Radin examined 28 families with pre-school children in working-class suburbs of Detroit from 1983 to 1985, a period of high unemployment in the Detroit area. In the study group, 16 of the fathers were working and 12 were not.

RADIN INTERVIEWED the parents and their children to probe the fathers' involvement with their children. The children's verbal and conceptual skills were measured with standardized tests. Radin also measured the children's self-assurance and social skills.

The study found almost no difference between unemployed men's children and the children of working fathers in cognitive, or thinking, skills, Radin reports.

"The lack of differences dovetails with the finding that while jobless men were more involved in child care than their working peers, they did not provide more mentally stimulating activities for their children," Radin says. "The children are not worse off, but they do not gain any benefit from having fathers around more."

One area where the children did benefit was in confidence in their physical ability, according to Radin. This suggests the unemployed fathers were interacting with their children in physical activities and were having a positive effect here, she said.

The U-M scholar emphasizes that her sample is small and "the conclusions are tentative and exploratory." But she says her research could lead school officials and social workers to reach out to unemployed men and show them ways to help their children so they will do better in school subjects such as reading and arithmetic in the future.

UNEMPLOYED MEN already

have plenty to worry about, Radin admits, and may be reluctant to accept new ideas about child care, which many of them see as a temporary responsibility while they are between jobs.

"We must be creative in how we reach out," she says. "I think they would be responsive if we approached them in a way that fits their notions of how men should behave with their children."

Drug information guide available

Parents and other family members who need information on the physical symptoms and dangers of the major types of drugs can obtain a free guide from Brighton Hospital.

The pocket-size guide provides a quick summary of the effects of alcohol, cocaine, marijuana, hallucinogens, inhalants, narcotics, stimulants, and depressants. It summarizes the physical symptoms of each type of drug, provides examples of each, and points out the signs to look for in the behavior of someone who is using the drug.

The guide also lists seven possible

signs of drug involvement — change in school or work attendance, alteration of personal appearance, mood swings, withdrawal from responsibilities and family contacts, association with drug-using peers, unusual patterns of behavior and a defensive attitude concerning drugs.

Single copies of the guide are available at no charge as a community service of Brighton Hospital. To obtain a copy, contact the hospital's Community Relations Department at 227-1211, Ext. 276, or write the hospital at 12851 East Grand River, Brighton 48116.

Brighton opens series

Brighton Hospital has launched a new series of education programs to help people learn more about the treatment and prevention of alcohol and drug abuse. The series begins at 7 p.m. Tuesday, Jan. 6, and continues through June.

During each 90-minute session, a member of Brighton Hospital's counseling or medical staff is available to answer questions and discuss how alcohol and drug abuse can be treated and prevented. The series is free and open to the public. Reservations are not needed.

The topic for the Jan. 6 program is "How to Help Someone Who is Abusing Alcohol or Drugs." The session shows how family members and friends unintentionally enable an alcoholic or substance abuser to keep

drinking or using drugs by making excuses and trying to ignore the problem until a crisis arises. In February the program will show how a family, with professional help, can confront the substance abuser in a loving way and force him or her to seek treatment.

"The holidays are especially tough on family members," said Ellen Ayers, director of Counseling Services at Brighton Hospital. "The January program will show them how to get help for their loved one who is abusing alcohol and drugs or themselves."

For additional information or a copy of the 1987 schedule of community programs, contact Brighton Hospital at 227-1211, Ext. 276. The hospital is located off Exit 151 of the I-96 freeway.

Diets can be dangerous

Obesity is harmful to your health and may shorten your life. It increases the risk of high blood pressure, diabetes, heart disease, and many other medical problems.

But whether you have five pounds to lose or 20, there's only one way to do it: Use up more calories than you take in. This means selecting foods containing fewer calories than you normally eat or increasing your physical activity, preferably both.

Oakland County Health Division offers diet cautions:

DIET FADS Be suspicious of diet gimmicks and fad diets that promise quick and easy weight loss. They can be dangerous. Diets that encourage little or no eating, that promote heavy eating of one kind of food, or that are very low in calories can all cause health problems. Nutritionally balanced diets promote good health.

DON'T BE A YO-YO: Many people who have a weight problem lose weight, regain it, then lose it and regain it again. Their weight goes up

and down like a yo-yo. Repeatedly losing and regaining weight may increase your risk of heart disease. So once you've lost weight, put yourself on a maintenance program and keep that weight off for good.

YOU CAN BE TOO THIN: Bring overweight is not advisable, but neither is being much below the desirable weight for your height. Going overboard in trying to lose weight can cause health problems.

Anorexia nervosa and bulimia are serious eating disorders. Their victims usually think they look fat, even though they may be thin, and have an abnormal fear of being fat. Common traits of persons suffering from these disorders are bizarre eating habits, refusal to eat, bingeing or gorging followed by vomiting, abuse of laxatives and diuretics, and an extreme urge to exercise. These practices can result in starvation and other serious health problems.

SALE ENDS SATURDAY 5:30 P.M.

SAVE 40% TO 50%

FLOOR SAMPLE CLEARANCE SALE

We must make room for new product so now is the time for extraordinary savings on "floor sample" items from every category. Sale ends Saturday 1/10/87. All Sales are Final.

Classic Interiors
Fine Furniture...where quality costs you less

20222 Middlebelt Rd. (S. of 8 Mile Rd.) Livonia
Mon., Thurs., Fri. 10-6 P.M.
Open Sunday 1-6

474-6900

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"A Community of Children"
(Formerly Bloomfield Nursery School)

- Nursery, ages 2 1/2-5 yrs.
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- Transportation Available
- Open 7 a.m. 'til 6 p.m.
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4230 MIDDLEBELT ROAD
West Bloomfield, 1/4 mile south of Long Lake Road • 851-4868

Kathy Wagner
Facial Salons and Spas

Two Special Offers:

Bring your entire February 14 wish list and if you and your partner or a friend make a date on a date night, we'll give you a special gift. We'll also give you a special gift if you bring a friend to the spa. We'll also give you a special gift if you bring a friend to the spa. We'll also give you a special gift if you bring a friend to the spa.

Hunters Square • Farmington Hills • 626-1231
Call for appointment. Gift certificates excluded.

bettina

FINAL CLEARANCE SALE

SPORTSWEAR • EVENINGWEAR

50-75% off

29499 Northwestern Hwy. • Southfield, MI
352-2530

ANN'S HAIR DESIGN
29249 RAYBURN
8 Mile and Middlebelt Area
LIVONIA

OPEN DAILY & EVERY EVENING • SAT. 9-5

ZOTON
FOAM PERM Complete \$27
HAIRSETS \$18
PRECISION HAIRCUTS \$10
Senior Citizen Set, Mon., Tues. 7-9

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MON., TUES. - WED.
OUR \$30 PERM \$22.50 WITH AD

422-9592

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American Heart Association
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Make Your New Year's Resolution to —

exercise with fitness factory

- Combining the current concepts of IMPACT & LOW-IMPACT Aerobics
- Aerobic Exercise & Muscle Toning for Both Women & Men

NEW EXERCISE RUBBERBANDS added to all workouts

WINTER CLASS SCHEDULE
Livonia/Farmington Hills
Holy Cross Lutheran (6 Mile & Merriman)
*Baby-sitting Available

T-Th	9:30 am	20 hrs/\$40	Jan. 13	Chris
M-W	7:30 pm	20 hrs/\$40	Jan. 12	Lorraine

Pleasanton Club (on 9 Mile, east of Haggerty)
*Baby-sitting Available (You may choose alternate days to workout, 19 hours available)

Morning Classes

M-W-F	8:30 am	Jan. 12	Wanda
T-Th	9:30 am	Jan. 13	Sue

Stretch & Tone Workout

M-W-F	8:30 am	Jan. 12	Wanda
T-Th	10:30 am	Jan. 13	Sue

Evening Classes

M-W	7:00 pm	Jan. 12	Dani T.
T-Th	6:00 pm	Jan. 13	Sue
T-Th	7:00 pm	Jan. 13	Dani H.
Sat.	9:00 am	Jan. 17	Sue

Stretch & Tone Workout

M-W	6:00 pm	Jan. 13	Sylvia
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Class Prices: (For any of the hours offered)

20 hrs/\$40	(two times per week)
30 hrs/\$50	(three times per week)
40 hrs/\$60	(four times per week)
Unlimited/\$70	(All classes, 19 hours avail. per week)

CALL NOW 353-2885
Classes Fill Quickly
All Instructors Certified & CPR trained