

# Album is published every third Monday

The Eccentric Newspapers Monthly Album is published the third Monday of each month and is reserved for residents and former residents of The Eccentric circulation area.

Photos and engagement or wedding announcements are due Tuesday, Aug. 4, for the Monthly Album to be published Monday, Aug. 17. Photos and engagements or wedding announcements are due Tuesday, Sept. 8, for the Monthly Album to be published Monday, Sept. 21.

Engagement announcements will be accepted no later than 45 days prior to the wedding. Wedding announcements must be submitted within 60 days following the wedding. Wedding announcements received just the 60-day deadline will be run only on a space-available basis.

Photos submitted should be black and white glossy, preferably a vertical shot and 5x7 inches in size. Color photographs can be submitted but will not reproduce as well.

Please put an identifying name and daytime phone number on the back of the photo. Due to the vol-

ume of photographs handled, The Eccentric Newspapers is not responsible for photos that may be lost or damaged. Photos may be picked up two weeks after publication and will be held for 60 days. If you wish to have the photograph back it should be marked "Hold for pickup." Photos will not be mailed back to families.

Engagement and wedding information forms can be obtained at the newspaper's information desk from 8:30 a.m. to 5 p.m., 805 E. Maple, Birmingham. If you are unable to pick up a form, one will be mailed to you if a self-addressed, stamped envelope is sent to: Eccentric Newspapers, 805 E. Maple, Birmingham 48009.

Questions should be directed to the information desk receptionist in the Birmingham office at 644-1100.

For information about the Observer Newspapers Monthly Album for residents or former residents of the Observer Newspapers circulation area, contact Rose Butler at the Farmington Observer, 21898 Farmington Road, Farmington 48336, phone 477-54550.

## Kab from page 1C

Also using Kids Kab during the regular school year and this summer is Connie Pierce of West Bloomfield, who said, "I hired them to do a week at Cranbrook—a Jazz Ensemble Camp from 9 to 3, for my 11-year-old son."

Pierce has two children in two different school systems and started using Kids Kab last fall because she couldn't be in two places at once to drive both kids to and from school.

Son David's trip on the Cranbrook School bus "took an hour for a 15-minute ride," Pierce said. "He left school at 3 p.m. and walked in the door at 4 p.m." With Kids Kab, he left at 3:15 and walked in at 3:30 to 3:45.

"Plus, it's a small van. There are seatbelts. It's much safer. My son said, 'There's no fighting in the van.' The best part of the story is that my son is happy."

Because David attends private school, his mom also likes the idea of him having more exposure to computers, who she the Kids Kab. He will take the van next year, when he becomes a sixth grader, in middle school.



STEPHEN CASTRELL/STAFF PHOTOGRAPHER

She's a caddy: Shannon McGoun drives the Kids Kab.

Pierce said the cost of riding Kids Kab is, "maybe a teeny bit more than the Cranbrook bus." Daughter Jamie, 14, who used to attend Kingswood, now goes to public school, West Maple Junior High School. During the school year, "I take her in the morning—it's only a mile at the way—and she takes a public school bus home," Pierce said.

### How Kids Kab began

Not surprisingly, Kids Kab was started by another mother who knew what it was like trying

to transport her children to all the places they needed to go. Pam Henderson, a Bloomfield Hills resident, began offering the service in May 1991.

"I have 10-year-old twin daughters and a 12-year-old daughter," she said. "They're very active in extracurricular activities. I was an athlete—a physical education teacher at Athens High School in Troy for 10 years, and I coached gymnastics." She cited the need for Kids

Kab by saying, "I've been a big promoter of activities for kids. And, women who are parents have chosen to go on with their careers. This is a safe and timely situation."

According to Henderson, who is founder and president, "It's cheaper than a cab." There's a \$20 annual registration fee. Kids have photos taken for an ID card they allow to board the van. Fees depend on zones, not mileage, and start at \$6 for a one-way trip.

The service uses 12-passenger vans, and eight-passenger minivans. The latter are not marked as Kids Kabs, and the older children and young adults prefer riding these. Young adults mostly ride Kids Kab because they have handicaps and are unable to drive to jobs or other activities.

Henderson said that on the van there is always a healthy juice drink, especially for the young children, and educational books. The driver is trained to take a friendly interest in each child's activities. A Kids Kab "Athlete of the Month" is a program athletic coaches participate in.

## Off the Cuff wants your suggestions

Got a suggestion for an individual The Eccentric can highlight in Off the Cuff, an occasional feature that focuses on ordinary people with extraordinary flair for fashion? If you know an Observer & Eccentric area

resident — man, woman or child — with a distinctive clothing sense, be it classic, trendy, humorous or outrageous, give us a call at 644-1100, Ext. 243.

## Devices can help the elderly with their lives



RENEE MAHLER

Q. My parents are in their 80s. They live in their own home and have been managing very well until recently. Two months ago my mother fell and is now confined to a wheelchair. She has always been a very independent lady and although my dad is perfectly willing and able to help her, I know she would prefer to be able to do many things for herself. I would like to know if there is someplace that sells items to make her life easier.

Physically Impaired Association of Michigan. Located in Lansing, MIAM was organized to provide information for the physically impaired, their families and friends and involved professionals and service providers. One aspect of the agency is the MIAM Assistance Center which is an information and resource center servicing people of all ages. The center can provide information on thousands of assistive devices, their cost and where they can be obtained. Its list of adaptive devices includes those designed for personal care, transportation, housekeeping, recreation and ambulation, to name a few. It also publishes a variety of publications and newsletters. There is no charge for the center's information and resource information. However, the center is not able to provide equipment or adaptive devices, nor does it provide the funding to purchase equipment. The assistance center only provides information. The MIAM Assistance Center can be reached, toll-free, at 1-800-274-7426

or you can write to the center at 601 W. Maple Street, Lansing 48906.

Q. I have seen a free booklet that talks about ways to save money on health care. I can't remember where I saw the booklet but I would like to have one as I am on a fixed budget and the booklet had some good money-saving ideas. Do you know where I can get a copy?

A. Believe it or not, the U.S. Department of Agriculture puts out a pamphlet entitled Health Care Shopper's Guide. This 36-page publication covers such subjects as shopping for a doctor, prescription drugs, lab tests, glasses, hearing aids, how to save money for surgery, while in a hospital, and buying insurance. It is free.

I found the booklet in the Consumer Information Catalog, Spring 1992. It is published by the Consumer Information Center of the U.S. General Services Administration.

The catalog lists booklets that are free or available at a nominal sum.

There is no charge for the Consumer Information Catalog and there is no service charge either. You may receive the catalog by writing to the U.S. Government Printing Office, Superintendent of Documents, Public Document Distribution Center, Pueblo, Colo. 81009.

Subjects such as health, housing, federal programs and benefits, nutrition, investing and banking are offered. If the booklets you want are free of charge there will be a \$1 service fee and you may order up to 25 free booklets.

Renee Mahler is a gerontologist and the director of communications and admission at a Rochester Hills nursing facility. She is a member of the Michigan State Commission on Services to the Aging. Send your questions to her at The Observer & Eccentric, 805 E. Maple, Birmingham 48009.

**EATING DISORDER CHECKLIST**

- Do you often worry about how much you have eaten?
- Are there many foods you feel guilty about eating?
- After you have eaten, do you think about ways to burn up the calories?
- Do you feel bad about yourself if you don't exercise every day?
- Do you feel your worst problem is the appearance of your body?

If you have answered yes to any of the above questions you may be at risk for an eating disorder.

If you or someone you know is at risk, please call MARRI EGRIN, M.S.W. for a confidential evaluation.  
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