

Flu from page D3

14. Are there different types of flu viruses? The first flu virus was identified in the 1930s. Since then, scientists have classified flu viruses into types A, B and C. Type A is the most common and usually causes the most serious epidemics. Type B outbreaks also can cause epidemics, but the disease it produces generally is milder than that caused by Type A. Type C viruses never have been connected with a large epidemic.

15. Where can I get more information about the flu? Visit the following Web sites:
 ■ National Institute on Aging Information Center, (800) 222-2228, www.nih.gov/nia
 ■ Centers for Disease Control and Prevention, National Immunization Information Program, (800) 232-2522, www.cdc.gov/nip
 ■ Food and Drug Administration, (888) 464-6332, www.fda.gov

Read the HomeTown Life section every Thursday

FALL SALE
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 ON THE BOARDWALK
 Orchard Lake Rd. & West Bloomfield
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SUN, NOV. 11
CHEMICAL SENSITIVITY
 The Multiple Chemical Sensitivity Support Group will meet 2-5 p.m. at the Good Food Company West, 42616 Ford Road, Canton (on the SW corner of Ford and Lilly). Please come unexcused. Call (248) 349-4972.

MON, NOV. 12
FREE HEALTH FAIR
 Oakwood Health Services and Maple Manor Retirement Community will be holding a free health fair to seniors age 65 and older 11 a.m. to 3 p.m. Nov. 12 at Maple Manor, 3999 Venny Road, in Wayne. Services free of charge.

Thanksgiving
 Order Now 248-358-3355

PICK-UP A COMPLETE DINNER FOR 6 TO 8 PEOPLE FOR \$125.00
 Turkey, Traditional Stuffing, Butter Whipped Potatoes, Sweet Potatoes, Gravy, Cranberry Relish, Fresh Buttered Green Beans, Mixed Organic Greens, Rolls and Flat Bread, Pumpkin Pie & Apple Pie (complete with relishing instructions)
 Pick-up between 8 am & 1 pm

Restaurant Open Thanksgiving Day 2 pm to 10 pm
 Serving our Dinner Menu and Thanksgiving Specials

28875 Franklin Rd.
 on the corner of 12 Mile & Northwestern Highway

Novi. Includes cardiovascular stretching, strengthening and agility exercises. Call (877) 345-6500.

TUE, NOV. 13
DIABETES
 November is National Diabetes Month. Learn about diabetes and how to control it with diet and exercise. Join Lee McDonagh, registered dietitian for a one-hour program about diabetes 7 p.m. Tuesday, Nov. 13, at St. Colette Church, 17600 Newburgh Road, in Livonia between Six and Seven Mile. Reserve your spot — call (734) 464-4436.

Do your loved ones know your end-of-life wishes? Attend Providence Hospital's "Durable Power of Attorney" class 7 p.m. at the Novi Providence Medical Center, 47601 Grand River Ave., Novi. Also learn how to write a legal document, which is better than a living will. Call (877) 345-6500.

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 7:30 pm—Tuesday, November 13

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- A 31-year tradition of excellence
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(248) 357-3660 www.southfieldchristian.org

21ST ANNUAL MERCY HIGH SCHOOL CHRISTMAS ARTS & CRAFTS SHOW
 Preview Friday, November 23, 2001 4pm - 8pm Admission \$3
 Saturday, November 24, 2001 9am - 4pm Admission \$2
 Located at 11 Mile & Middlebelt No Strollers
 Proceeds benefit school scholarship fund.

Mercy High School * 29300 W. Eleven Mile Rd Farmington Hills, MI 48336 * 248.476.8020

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Arthritis Today
 JOSEPH J. WEISS, M.D. RHEUMATOLOGY
 18829 Farmington Road Livonia, Michigan 48152
 Phone: (248) 478-7860

ATTITUDE
 Having rheumatoid arthritis, osteoarthritis, or lupus arthritis does not bring on the depression or despair these diagnoses evoked in past years. At present the medical community can offer drugs and operations not imagined 25 years ago and not pocketed by the patient. However, if you have arthritis, you cannot look forward to a rapid return to normal activity because of the advance of medicine. Cultivating an attitude is just as important as taking medicine and undergoing an operation.
 First, see your arthritis as a problem not to eliminate, but to manage. You will gain a perspective that will give you a reasonable approach to rest, activity and work.
 Second, look at your arthritis and the setbacks it imposes, in a realistic fashion. You will experience limitations based on pain and fatigue; in addition, arthritis results in a decrease in dexterity. At the same time, you cannot become morose, nor dwell on your deficiencies.
 Third, expect that surgery may give relief, but do not look forward to it as a cure. Remember that months of rehabilitation follow surgery for the knee or hand. Furthermore surgery, even when done by the most experienced physician, is not always successful. You need to keep a clear eye, prepare as instructed for surgery, but ready yourself for even more effort after the operation. You should also prepare mentally to adapt to a surgical outcome that may fall short of expectations.
 Finally, remember those times you have persevered and reached a goal you or others thought you could not attain. Recall past success to give you strength for the challenge of the future.

www.drjweiss.yourmail.com

SPOTLIGHT ON: Orthodontics
 by Josephine Finazzo, D.M.D.

CLEFT LIP AND PALATE
 Cleft lip and palate, which occurs in about 1 in every 700 live births, should be addressed by an orthodontist and a team of other physicians as soon as possible. The orthodontist can then decide whether to construct a feeding plate, as well as advise the parents on future active. The child should be seen regularly thereafter by the orthodontist, and will require intervention at several stages during development. The orthodontist will monitor facial growth and tooth development. Active treatment is required before bone grafting of the avascular palatal defect, at about ten years of age. The timing is dictated by the stage of dental development, when the canine tooth will erupt through the newly formed bone graft.
 This column is brought to you to present treatment options, and information about orthodontics and how they can benefit your family. At THE ORTHODONTIC GROUP, located at 19650 Middlebelt, we would be happy to speak to you about your family's teeth, or to explain orthodontic equipment such as the Twin Block, the Maxilla Advancer, the palatal expander, and the retainer. Day and evening appointments are available, and no referral is necessary. Contact our office at 442-8885, and our friendly staff will make you an appointment. Look for our next article in two weeks.

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Thanksgiving Dinner
 NOVEMBER 22, 2001
 11 a.m. to 6 p.m.

Our Thanksgiving Menu Features 5 Adult Entrees at \$12.95 each and 2 Children's Entrees at \$5.95 each.

- **ROAST TOM TURKEY** with dressing, homemade mashed potatoes and gravy and cranberry sauce.
- **GLAZED HAM** with sweet potatoes
- **SUCCULENT PORK LOIN** Cooked to perfection with mashed potatoes, gravy
- **PRIME RIB DINNER** with mashed potatoes
- **BROILED WHITEFISH** & rice

All dinners include fresh carrots, bowl of Chicken Noodle soup, tossed salad w/choice of dressings, fresh baked rolls w/butter, dessert & fruit buffet. (Does not include beverage)

Rosa's
 Italian Charmholes

20300 Farmington Road South of 8 Mile • Livonia 248.474.2420