

Community Calendar

BAVARIAN SYMPHONY

Monday, Aug. 8: Bavarian Youth Symphony on tour through Michigan stops at St. Agatha Catholic Church, 19630 Beech-Daly, Redford, for concert at 7:30 p.m., sponsored by Blue Lake Fine Arts Camp. Donation asked at the door.

DEPRESSION GLASS

Monday, Aug. 8: Depression glass exhibit on display in Farmington Hills Community Library, 32737 Twelve Mile, on loan from the Michigan Depression Glass Society, remains through Aug. 31.

IMMUNIZATION CLINIC

Thursday, Aug. 11: Free oral polio and booster shots, plus shots for measles, rubella, mumps and TB tests for all children up to 18 years of age, from 9 a.m. to 12 noon in First United Methodist Church of Farmington, 33112 Grand River, sponsored by Oakland County Health Department.

LET'S DANCE

Thursday, Aug. 11: "Let's Dance," music for listening or dancing for all generations with all types of music, staged by Farmington Community Jazz Band directed by Paul Barber at 8 p.m. in Oakland Community College Orchard Ridge Campus Building J, with refreshments. No charge.

CAT'S CRADLE

Thursday, Aug. 18: "Cat's Cradle," by Kurt Vonnegut, continues infor-

mal book discussions in Farmington Community Library, 23500 Liberty, at 7:30 p.m. No charge.

SPORTS EQUIPMENT SALE

Friday and Saturday, Aug. 19-20: Used sports equipment sale, sponsored by Farmington Area Recreation Commission, asks sellers to drop off any kind of sport item for consignment, in Farmington High School cafeteria on Friday, between 9 and 6 p.m. Items go on sale Saturday, in the high school cafeteria, Saturday, from 9 a.m. to 1 p.m.

Aqua Sauna comes to OC

One of the oldest, natural beauty and personal fitness techniques—the sauna—has been varied to help people achieve deeper relaxation and freedom from tension privately and economically, in their own bathtub.

Long known to enhance circulation, tone and cleanse the skin, relax muscle tension and leave a person with a generally refreshed feeling, the traditional room sauna was the model for Aqua Sauna, a new product being introduced in the Oakland County area. Now available in drug stores, it will soon also be available in health food stores.

Composed of bright-blue hydrotonic

(water-therapy) crystals, Aqua Sauna has been formulated to condition hot bath water to retain its penetrating heat and turn it into a luxurious sauna-like experience.

Creative Leisure, Inc. of Jacksonville, Aqua Sauna's manufacturer, says that all you have to do to feel "untired" is dissolve the crystals in a tub of hot bath water and relax in it for 20 minutes. The results are the same as a walk-in sauna, according to Creative Leisure.

The Finns used the room sauna (Finnish for "bath") as early as the first century, and the practice of applying heat to relax tension was also prevalent among ancient Egyptians, Greeks and Romans. The Japanese used large volumes of water instead of dry heat.

Early Americans adopted from them the practice of bathing to relax, but as life became more hurried, it was abandoned in favor of the stand-up shower.

"It's already apparent in our first year with Aqua Sauna that our bathtub sauna concept is helping teach America a new natural way to relax and receive the benefits normally attributable to a room sauna," said Joel Mitchell, president of Creative Leisure, Inc.

Mitchell said he is especially excited about the possibilities among people who hurry too much, yet want to slow down and get the best from life.

Aqua Sauna is an all-natural, hydrotonic bath crystal composed of an exclusive formula of natural crystals, oils distilled from Siberian fir needles and vitamin E, and is pH balanced.



Travel agency writes record number of trips

Elliot Samson of 29935 High Valley, Farmington Hills, president of Elkins Tours, Kenneth R. Treflek, 30290 West Twelve Mile, Farmington Hills, Elkin's vice president of sales and marketing and John Ward, 29204 Utley, Farmington Hills, executive vice president, participated in a contract signing involving more than 300 trips.

It was the largest series of winter vacations originating from the Mid-

west. To commemorate this, an extra-large ticket was issued by officials of Elkin Tours and World Airways. Holding the ticket (from left) are: Stephen Berger, World's vice president of sales, William Zagler, World's senior vice president of sales, William Hardenstone, World's senior vice president of sales, Calvin Mackey, Elkin's treasurer, Samson, Treflek, Ward and George Moulton, World's director of inclusive tour charters.

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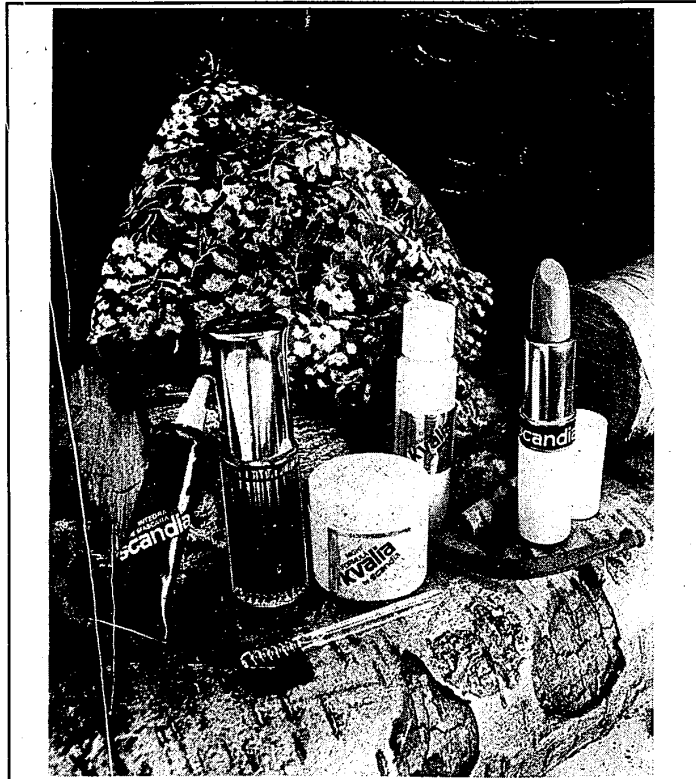
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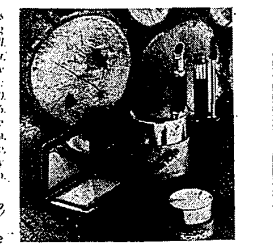
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YOU ARE CORDIALLY INVITED TO A BRIDAL SHOW

Wiggs Ethan Allen Gallery
Sunday, August 21, 1977
1:30 to 3:30 P.M.

by Reservation Only

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 - Bridal Fashions
 - Women's and Men's Formal Wear
 - Resort Fashions

FROM 1:00 P.M. TO 1:30 AND FOLLOWING THE FASHION SHOW, CONSULTANTS WILL BE AVAILABLE TO HELP PLAN YOUR WEDDING.

Call 644-7370 for Reservations

Limit: 100 reservations (two people per reservation). So call early!



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TROY HOURS: MONDAY • THURSDAY • FRIDAY 10 A.M. TO 9 P.M.