

SEMTA
services
metroparks

The Southeastern Michigan Transportation Authority (SEMTA), the Detroit Department of Transportation, and the Huron-Clinton Metropolitan Authority have teamed up to provide a "bargain bus service" to six area metroparks.

The project, funded by the Michigan Department of State Highways and Transportation, provides for \$1.10 round-trip individual fares when tickets are purchased in advance. Round-trip fares will be \$1.25 when purchased on the date of travel.

John Saunders, a SEMTA spokesman, said the metropark service operates from 9 a.m. to 3 p.m. and from 6 p.m. to 9 p.m. during the week. On Saturdays and Sundays, service will begin at 9 a.m. and run until 9 p.m. Saunders said tickets are sold on a first-come, first-serve basis. They may be reserved by telephone. He said suburban residents may make reservations by calling 581-1993.

Buses will make runs to Metropolitan Beach, Soney Creek, Kensington, Lower Huron, Willow and Oakwoods metroparks. Buses will not run to Hudson Mills, Dexter-Huron and Delhi metroparks in Washtenaw county. Also Marshbank metropark on Cass Lake will not be included in the service.



Publisher's perils

Philip H. Power, board chairman of Suburban Communications Corp., parent company of the Observer and Eccentric newspapers, drew laughs with his comments about the perils of freeways upon arriving late for a panel discussion at the National Association of Counties (NACo) annual convention at Cobo Hall. Power was held up nearly an hour by an overturned tandem truck on the Ford Freeway, but

arrived in time to talk about the "healthy tension" between the press and public officials. Others shown (from left) are: Larry Gareau, Wayne County public information director and president of his colleagues' national association; Joe H. Stroud, editor of the Detroit Free Press; and Joel Smith, Oakland County bureau chief for the Detroit News. *f*

good times, good food, good friends
come enjoy life with us at . . .

FRANKLIN CLUB APARTMENTS

an adult community
28301 Franklin Road, Southfield, Michigan

Now accepting reservations

Included in one monthly payment . . . Breakfast and either lunch or supper • every day. Apartment cleaning • linen service. Chauffeur Service on a scheduled basis. Whitpool and Steam rooms . . . Exercise rooms. Sewing room • Woodworking shop . . . Hobby and card room. Cultivated garden . . . Greenhouse. Dances • entertainment • movies. For your security and peace of mind • a call system that will bring one of the registered nurses who are on duty at all times. An attended gate house.

please call Mrs. Neville at 353-2810 to obtain information or arrange an interview.
from \$535 per month



Meet one of our Interior Designers

(we have 19 of them)

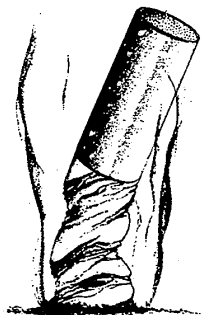
This is Phyllis Stoyka of our Interior Design Studio at our Bloomfield Hills store . . . she's a professional designer with the experience and the know-how to execute just the right ideas to make your Dream Home come true. If you want some innovative ideas to help solve your decorating problems, consult with Phyllis or any of our other professionals . . . they're here to help you.

Towne & Country

Interiors

Dearborn—23600 Michigan Ave.
Bloomfield—4107 Telegraph Rd.
Rochester—1110 S. Rochester Rd.
in Winchester Mall

Observer & Eccentric . . .
the best of both worlds.



If hypnosis has failed
If group lectures have failed
If will power has failed . . .

We guarantee
you will quit smoking
—or your money back.
Period.

Our method is unlike anything you have ever seen. It's based on the most advanced scientific research, and has proved to be extremely successful, even with the most hard-to-cure smokers. *It must work for you in 5 days or you pay nothing.* (That's how sure we are.) And we put that guarantee in writing. Call NOW. You have absolutely nothing to lose . . . but your habit.

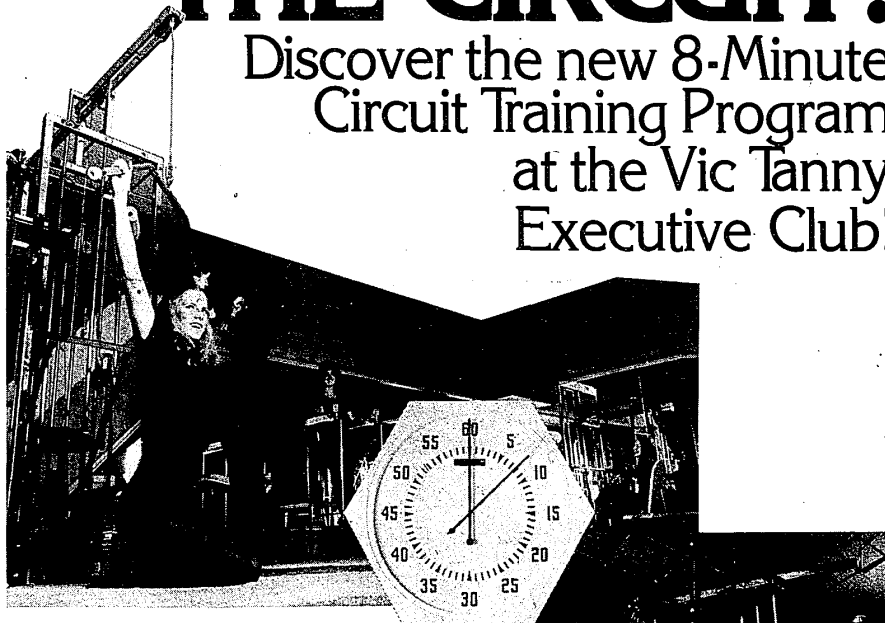
Phone 644-7890
for a NO OBLIGATION APPOINTMENT

stop center

for effective control of smoking
30233 Southfield Rd. • Suite 128
Southfield, Michigan 48076

PLUG INTO THE CIRCUIT!

Discover the new 8-Minute Circuit Training Program at the Vic Tanny Executive Club!



IT'S NEW The Circuit Training Program developed exclusively by the Vic Tanny National Advisory Board. It's a revolutionary health conditioning program that helps develop your entire body, with special emphasis on your Cardio-Vascular system.

IT'S FAST The Circuit Training Program: perfect for on-the-go people like you. Following a brief warm-up, trained instructors will time you as you spend thirty seconds each on eleven specially designed "workout stations", each exercise made to tone-up and develop a specific part of your body. You can check in, work out, shower and be on your way in less than an hour. And you'll feel like a million!

IT'S NOW Plug into the Circuit. It's so little time to invest in a healthy new outlook. Get a body energy charge with the new Circuit Training Program now available at the Vic Tanny Executive Health and Racquet Club. Do it today!

VIC TANNY NATIONAL ADVISORY BOARD

Paul E. Ward, P.E.D., Chairman
Dean, School of Coaching Science
United States Sports Academy
Member, American College of Sports Medicine
Renowned Track Coach

Bryno Balke, M.D., Ph.D.
Professor Emeritus, Physical Education/Physiology, University of Wisconsin; Internationally renowned innovator in Cardiac stress testing
Founder/Editor, Journal of Medicine and Science in Sports

Capt. James A. Lovell, Jr., USN, Retired
Distinguished Astronaut, Four Space Missions
First man to journey twice to the moon
Consultant, President's Council on Physical Fitness & Sports

Thomas K. Cureton, Jr., Ph.D., F.A.L.S.M.
Professor of Physical Education, University of Illinois
Consultant, President's Council, Physical Fitness & Sports
Founding Fellow, American College of Sports Medicine

Gideon B. Arlet, Ph.D.
Director of Research - Computerized Biomechanical Analysis, Inc.
Adjunct Professor - Exercise Science, University of Massachusetts
Past Participant in International Olympiad

Hans J. Kugler, Ph.D.
Active Researcher in Gerontology
Trustee, International Academy of Preventive Medicine
Author, "Slowing Down the Aging Process"

Charles Coker, Olympic Coach
Leader in Restative Exercise and Athletic Conditioning
U.S. Olympic Track Coach (produced 23 medal winners)

Frank I. Katch, Ed.D.
Associate Professor, Department of Physical Education, Queen's College; Research Fellow, American College of Sports Medicine

VIC TANNY BLOOMFIELD EXECUTIVE HEALTH & RACQUET CLUB

6420 TELEGRAPH ROAD AT MAPLE ROAD

Men.. Women call today, ask about the Circuit 855-2300