

SCOTTS

SEPT. SAVINGS SPREE

SALE STARTS SEPT. 15 THRU SEPT. 18, 1977

COUPON  Pampers Extra Absorbent DAYTIME 24's Just 21¢ <small>Provides extra daytime protection. Disposable. Use from 1 to 4 years.</small>	COUPON  Vaseline Intensive Care BATH BEADS 15-16 Oz. Size 97¢ <small>Size 15-16 Oz.</small>
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COUPON  Regular or Super TAMPEX®-40's Stock up today and save! Economy size packages of 40 tampons—just 15¢ New Shade 157¢ <small>New Shade 157¢</small>	COUPON  11-Oz. COLGATE® INSTANT SHAVE Only 2/\$1. <small>Only 2/\$1.</small>
COUPON  Mr. Coffee® FILTERS Save today! Fit most popular automatic coffee makers. Pkg. of 100. Pkg. of 100 \$1. <small>Pkg. of 100 \$1.</small>	COUPON  BAN® ROLL-ON DEODORANT with deodorant 2-1/2 Oz. Size 43¢ <small>with deodorant 2-1/2 Oz. Size 43¢</small>
COUPON  Pkg. of 51 FOAM CUPS For parties and parties. Keeps drinks hot or cold 8 1/2" x 4 1/2". 2 \$1. <small>2 \$1.</small>	COUPON  Clairol® FINAL NET Pump Hair Spray with deodorant 4-Oz. Size 73¢ <small>with deodorant 4-Oz. Size 73¢</small>
SUNDAY ONLY 9-18-77 MASON CANNING JARS For economy-minded homemakers, handy preserves for delicious food. Each jar and lid have commemorative design and are treasure sale. QUART SIZE \$2.57 case WIDE MOUTH JARS 12 Quart Size \$2.57 case SCOTTS 23314 Farmington Road Downtown Farmington Center Open Daily 9-9 Sunday 10 a.m.-5	

Y responds to members with 'You Asked For It'

"You Asked For It" is the theme for Farmington Area YMCA's fall programs, when the Y responds to the communities needs and requests. The fall brochure lists more than 100 class offerings and activities.

"You Asked For It" begin the week of Sept. 26, and run for six weeks. All registration is taken on a first-come-first-served basis.

In the something-new category, Kathy Gilleland, a certified instructor of aerobic dancing will teach two classes in Sarah Fisher Home, on the corner of Twelve Mile and Inkster. Class choices are Monday and Wednesday mornings, or Tuesday and Thursday evenings.

In the cooking category, there is "Gourmet Vegetarian" and "Micro Wave." Both classes have limited enrollment and early registration is suggested.

THE COMMUNITY has "asked for" pre-school classes, and the Y responds with classes in art, dance, music, movement, swimming and tumbling. These classes will be conducted in Novi Methodist Church, Mercy Center and Sarah Fisher.

The new Bon Adventure Roller Skating Center, on Halstead near Grand River, will be the scene for skating lessons.

Swimming classes are offered for those from six months of age through adults, with 25 time options, because the Y specializes in small classes with expert instructors, all certified by the YMCA and the Red Cross.

Swimnastics is exercise in the water, for the swimmer or non-swimmer. Two classes are offered, on Monday evenings or Thursday afternoons, both conducted in Mercy Center, at 26600 Eleven Mile.

JILL NAYBACK, the swim teach

coach at Sumoi College, will head the Farmington Flippers, the Y swim team this fall.

Tryouts for the team are set for 1 p.m. Sept. 25 in Mercy Center. Team practice is set for Monday, Wednesday and Thursday evenings.

The Y utilizes five locations for the 27 tennis classes offered this fall, to accommodate all skill levels, and all classes are small, with limits of five to 11 in each class.

In the fitness category, a certified instructor in the field of cardio-vascular fitness combines calisthenics, jogging and fun. The women's class is held in Mercy Center and the Novi Methodist Church. The men's program is at Mercy Center. A coed class is set at Mercy Center.

Persons must be at least 11 years old to take guitar, but whatever the age, indoor horseback riding is offered in cooperation with Haverhill stables.

Ice skating classes for all ages are set for Wednesdays and Thursdays at Centaur Farms and Novi Ice Arena.

Ray Thibodeau, black belt instructor, provides beginning and continuing judo instruction for all ages in Westbrook Elementary School, at 21120 Osmus.

ONE OF THE Y's most popular programs is the workshops. This fall there will be workshops in pine cone artistry, party-time plants, beaded Christmas trees, patchwork ornaments, reverse glass painting, macramé and bangle ornament.

Two different types of Yogo come to the Y this year: Hatha and Kundalini. Karen Farkas will lead the Hatha Yoga class, a gentle exercise, and Guri Jwan Kaurkhasa, the Kundalini class, which emphasizes breath control and zone therapy.

Brochures will be sent on request by calling the Y at 553-4020.



Mothers can enter their youngsters, who are as young as 6 months, for swimming lessons which are set to begin the week of Sept. 26, with more than 100 other class offerings listed in the new fall brochure.

Safety advice for the hunter

Hunting accidents and accidents involving firearms cause many deaths each year, and most of them could have been prevented.

The Red Cross offers some suggestions on gun storage and care and hunting techniques as a precaution, to help these accidents not to happen.

Guns should be kept unloaded and under lock and key in a sturdy cabinet, where children and others unqualified to handle them can't get at them. Before use, the guns should be inspected, along with the ammunition, since a malfunction could result in a lost or misplaced shot and possible injury to a hunter or his companion.

Ammunition must also be checked to make sure that it is the right caliber for the gun being used, and when carrying the gun, it should be checked often to be sure it hasn't been accidentally plugged with earth or weeds, since a plugged barrel could explode or split when the gun is fired, causing injury or death.

When going hunting, a person should be well prepared for the area, wearing highly visible clothing and

carrying a compass, a small flashlight, a first aid kit and a map of the area. A loud whistle is helpful for summoning aid.

In cold weather, the hunter should wear sturdy boots and clothing which will be warm enough for the hours spent in the weather.

When hunting, law and courtesy require a hunter to ask permission when roaming on private property, and to notify the landowner when leaving the property. This is also the best interests of the hunter, since the landowner can inform him of where other hunters are likely to be.

Hunters should walk abreast in open fields or brush, as one person out in front could be in danger from others. When walking in a group, a left-handed hunter should always be placed on the right end because he will have a tendency to swing right. Other hunters in the area should be watched for, since they may not know you are around.

Lastly, to lessen the likelihood of injury in case of a fall, the gun should always be cradled in the arm with the muzzle pointing down.

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