

community calendar

MICHIGAN BALLET

Monday, Dec. 1: Members of Michigan Ballet Theatre perform excerpts from "Maria's Nutcracker" at 7 p.m. in the center mall of 12-Oaks Mall, Novi.

NORTH POLE LINES OPEN

Monday-Friday, Dec. 15-19: Direct lines to the North Pole open for calls to Santa Claus from 4-6 p.m. each day by dialing 478-7025.

HOLIDAY CONCERT

Monday, Dec. 15: Holiday concert staged by Academy of Popular Vocal Arts at 7:30 p.m. in Oakland University's Varner Hall on the Rochester campus. Group is comprised of mostly high school students who plan to study music as a career. Admission is \$2, asked at the door.

EARLY CHILDHOOD CENTER

Monday, Dec. 15: Registrations are

being taken now for preschool classes which begin the week of Jan. 5 in Fairview Early Childhood Center, 28500 Oakcrest. In-person registration is necessary. Parents have option of times and days. Inquiries taken by calling Jean DeNaro in the center, 628-4335.

ONE-WOMAN SHOWS

Monday, Dec. 15: The works of Agnes Hodge in a one-woman show remains in Farmington Community Library on Liberty Street and the works of Annela Lind remains in Farmington Hills Community Library on 12 Mile Road through Dec. 31.

BEAUTIFICATION COMMISSION

Wednesday, Dec. 17: Farmington Hills Beautification Commission regular monthly meeting at 8 p.m. in Farmington Hills City Hall, 31555 11 Mile Road. Open to all interested persons.

CROSS COUNTRY SKI CLUB

Wednesday, Dec. 17: Organizational meeting for Cross Country Ski Club sponsored by Farmington Hills Parks and Recreation Department at 7 p.m. in Shawwassee Recreation Center, 30415 Shawwassee Road. Open to persons of all ages with all levels of skiing expertise. There are no dues but a \$1 registration fee will be asked to cover mailing costs to announce skiing activities and special events.

CHRISTMAS CAROL JOG

Wednesday, Dec. 17: Joggers are invited to carol while they jog through Kendallwood subdivision beginning with assembly of the singing joggers at 7 p.m. in the Farmington YMCA lobby, Farmington Road north of 12 Mile Road. Participants are asked to bring one toy which Y personnel will deliver to the 11th Detroit Police Precinct station the next day for distribution to needy children.

HOLIDAY CONCERT

Wednesday, Dec. 17: Choral groups from all three Farmington area high schools join for a holiday concert at 8 p.m. in Harrison High School on 12 Mile Road between Middlebelt and Orchard Lake roads. Admission is two pieces of fresh fruit per person. The fruit will be basketed and distributed the following day to local hospitals and nursing homes.

CESAREAN DELIVERY

Wednesday, Dec. 17: Program on the procedures, plus the emotional, psychological and physiological effects of a cesarean delivery, sponsored by Lamaze Childbirth Education Association of Livonia at 7:30 p.m. in Room 202, Professional Building, Botsford Hospital, 28050 Grand River. Fee of \$5 asked at the door.

CAROLLING PARTY

Thursday, Dec. 18: Carolling party

for all persons older than 7 begins at 6:15 p.m. when carollers assemble at the front door of Farmington Community Library on Liberty Street. After carolling participants return to the library for refreshments and film. Guests are asked to bring cookies to pass and register by calling the library, 474-7770.

'SNOWFLAKES 'N' SUCH'

Thursday, Dec. 18: "Snowflakes 'n' Such," program for preschoolers and kindergartners at 10:30 a.m. in Farmington Hills Community Library on 12 Mile Road. No charge.

ARTS COMMISSION

Thursday, Dec. 18: Farmington Area Arts Commission regular monthly meeting at 7 p.m. in Farmington Hills City Hall, 31555 11 Mile Road. Open to all interested persons.

SWEDISH CHRISTMAS DINNER

Friday, Dec. 19: Swedish Christmas Dinner sponsored by Swedish Club of Detroit at 7 p.m. in Finnish Cultural Center, 35200 Eight Mile Road. Evening includes traditional ethnic foods, and the traditional St. Lucia ceremony. Entertainment presented by Scandia Dancers and Scandia Women's Chorus. Reservations are necessary, at \$8 per person, by calling Dorothy Lind, 476-4599.

CHRISTMAS IN THE AIR

Friday, Dec. 19: "Christmas in the Air," a multi-media experience staged by Robert Wells, at 7:30 p.m. in Trinity Episcopal Church, 26880 Labuena Drive. Wells has received state and national awards for his programs and has twice been chosen by Freedom Foundation for special recognition.

HOLIDAY FILM FESTIVAL

Saturday, Dec. 20: Holiday Film Festival for all elementary school-aged children at 2 p.m. in Farmington Com-

munity Library on Liberty Street. No charge.

THAT EXTRA SPECIAL SEASON

Sunday, Dec. 21: "That Extra Special Season," holiday concert staged by the

newly formed Farmington Area Community Chorus under the direction of Jim Witton, at 2:30 p.m. in Harrison Center for the Performing Arts, Harrison High School, 29995 12 Mile Road. Admission is \$2 for adults; \$1 for seniors and students, asked at the door.

Coupon clipping

(Continued from Page 3B) along with the grocery list so that items on sale can be purchased if they are not on the list.

THE SHOE box is but one small facet of the organization needed to reduce the weekly food bill.

Members of Saving Sense save coupons and refund forms whether they use the product or not. Those they won't use are traded to persons at a meeting.

Mrs. Stein's aim is "no wasted coupons." Coupons that are not traded go into the pool and there are now 15 shoe boxes in the pool.

"Women with big families benefit most from my classes and the organi-

zation," she said. "They save the most money and have the most amount of help, from the kids, to clip the coupons and organize the shoe-box files. Besides, it helps make the kids aware of prices, and it helps make them feel they are contributing. My kids love to help."

But Mrs. Stein wields the cross-reference books herself. The books, which sell for \$4, list the date of refund offer, how much the refund is worth, the brand name, the product and any restrictions. Loose-leaf notebooks are used, and are updated every two weeks.

Inquiries about Saving Sense membership will be taken by calling Mrs. Stein at 477-6673.

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In a recent research program Contour Analysis screening tests disclosed 94% of the scoliosis cases found to be positive by x-ray examination
Contour Analysis involves taking a "three dimensional" picture (Called Moore photography) of the surface of the back to help detect postural distortions. This analysis will be correlated with leg deficiency, patient symptomatology, and levels of spinal tenderness. Such composite examinations may indicate such things as normal and abnormal stress patterns, spinal curvature, muscle spasms, muscle imbalance, spinal distortion and scoliosis.
A free Contour Analysis screening test is also being offered for people with acute or chronic pain by the chiropractic office listed below. People who suffer with backache, bursitis, arthritis, neuralgia, nerve pain, neck pain, muscle pain, bone pain, etc. are also invited to receive this free examination.
These tests, including consultation with the doctor, are being offered to the public at no charge, or obligation, for the next 30 days. Anyone wishing to receive this free examination may telephone the participating office directly for information or an appointment. If treatment, or additional examination, is indicated, almost all health insurance policies cover chiropractic care. All fees thoroughly explained prior to any additional service being rendered.
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