Swim lessons

An instructor shows two students how it's done. Teens and adults interested in lessons sponsored by the Farmington Hills Parks and Recreation Department can register beginning today at 8:30 a.m. at

City Hall, 31555 11 Mile, Farmington Hills. Fee is \$15. For more information, call 474-6115.

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Swim classes for children, teens and adults are being offered this spring being being offered this spring being bein weeks.

Registrations will be

Registrations will be accepted beginning today on a first-come first-served basis at the Farmington Hills Parks and Recreation office, 31555 Eleven Mile, at Orchard Lake.

Lake.
Suits and towels must be furnished by participants. Anyone with long hair must wear a bathing

hair must wear a bathing cap.

Open swimming requires that all children must be accompanied by a parent if their chin height is below 38 inches.

Swim suits must be worn. Cut-offs are not permitted.

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FEB. 23

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SOMERSET MALL

Group gets art grant

A Michigan Council for the Arts grant of \$3,950 will be given to the Farmington Area Arts Commission, the group learned at its meeting last

Farmington Area Arts Commission, toe group learned at its meeting last Thursday.

The grant, combined with funds from the cities of Farmington and Farmington Hills, will permit continuation of an on-going promotion of the arts in the Farmington area.

One of the programs supported by the commission is the senior citizen, handicapped concert presented each spring in cooperation with the Farmington Community Band.

An annual Artist in Residence Tribut honors a Farmington artist and

ute honors a Farmington artist and also an individual involved in service to

asso an individual involved in service to the arts.

Betty Paine will serve as chairwom-an for the event, which in previous years has honored Joe Clark, John Glick, Edee Joppich, Sister Mary Igna-cious, Ted Still and Gail Yurasik.

cious, Ted Still and Gail Yurasik.

The Farmington Artists Club receives financial assistance in the form of prize monies for the spring and fall exhibits.

Children's Art-In, a free art tent set ence yet up during the annual Farmington hall.

Founders Festival was originated by the commission under the direction of Beverly Ellis. This year it will be man-aged by the newly organized Farming-ton Area Preschool Council with arts commission funding.

ART EXPOSURE to the schools has ART EXPOSURE to the schools has provided presentation of theater, ballet, puppet shows, native dancers, poets and musicians to many Farmington Schools. This program will be expanded.

The Farmington Historical Society and the Farmington Naturalists have also received assistance with programming.

also received assistance win programming.
Presently serving appointments to the commission are Shirley Busher, Joyce O'Brien and Herb Henry from Farmington and Haroune Alameddine, Fern Barber, Marlowe Belanger, Bob Benjamin, Kay 'Briggs and Beverly Ellis from Farmington Hills.
Meetings of the commission are open to the public and take place the third Thursday of each month (September through June) at 7 p.m. in the conference room of the Farmington Hills city hall.

Lung Association book on breathing

Practice pursed-lip breathing! Learn ow to cough! Exercise your chest mus-

now to cough exercise your creek mus-clesi a few of hundreds of suggestions to "Itelp Yourself To Bet-ter Breathing." a new booklet pub-lished by the American Lung Associa-tion especially for persons with emphysema and chronic bronchitis. Chock-full of "how-to" hints, this arge-size, 24-page booklet is illustrat-ed by artist Roy Doty. There are first-person stories about how people have learned to cope with breathlessness and specific directions on how to clear breathing passages of mucus. Exercises for postural drainage and building stamina are illustrated. Another section of this booklet iden-

tifies troublemakers, such as air pollu-tion, extremes of weather, infections, and smoking and how to avoid them.

"Help Your Medicines Help You" de-scribes various medicines and the im-portance of working closely with a phy-scian. There are spaces within the booklet to write individual directions for taking each medicine.

Breathing aids, such as nebulizers, respirators, oxygen, humidifiers and vaporizers, are described. There is

vaporizers, are described. There is even a section on eating to feel better. The "Keep Living Your Life" chapter can help people suffering from chronic bronchitis or emphysema lead full, enjoyable lives despite their illness.

Director, Franchise Services BURGER CHEF SYSTEMS, INC.



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