

# INSIDE ANGLES

**YOUNG ARTISTS** (12 and under) are invited to submit health-related drawings for possible publication in an upcoming children's health and art coloring book.

The publication, sponsored by the Woodland Medical Center in Novi, is designed to foster an interest in personal health by encouraging children to express their ideas about health artistically.

Forty drawings will be selected for the book, which will be displayed at art centers, libraries and other educational facilities in Oakland County.

Only one drawing per artist is accepted. All drawings must be black line on white paper. Free entry forms and paper are available at the Woodland Medical Center, 4295 W. 12 Mile (adjacent to Twelve Oaks Mall) during regular office hours.

**SUMMER STARGAZING** is planned for Saturday, July 17, from 9-11 p.m. at Independence Oaks Park in Clarkston. The program will include pointers on sighting summer constellations such as Scorpius, Bootes and Cygnus. Participants should bring insect repellent.

Preregister by calling 625-0877. A vehicle pass is required. Day passes can be purchased for \$2 and annual passes for \$10. Independence Oaks County Park is two 1/2 miles north of I-75 on Sashabaw.

**UPDATE CANNING** and other food-preservation methods on Thursday, July 31, when the Northwest Church of Farmington Hills hosts a demonstration of canning, freezing and drying. The three-hour presentation will be given by Lois Thieleke, a home economist for Oakland County Extension Service. The demonstration will include the latest techniques and the economics of all three methods.

The presentation will begin at 10 a.m. with an hour for lunch. Bring a brown-bag lunch. Beverages will be provided. It's free, and advance reservations aren't required. Northwest Church is at 28111 W. 10 Mile, between Middlebelt and Inkster in Farmington Hills. For more information, call 474-8928.

**SPEAKING OF FRESH VEGGIES**, preparations are underway for the Farmington Community Center's annual Farmer's Market. Phyllis and Harold Welch, who co-chaired the event last year, will again be lining up farmers and backyard gardeners for this summer's market. The market will be held every Saturday from 8 a.m. to 1 p.m. in the center's parking lot (Farmington Road north of Grand River) during August and September, rain or shine. Renters can reserve a spot at the

market by picking up a contract at the community center. Call 477-4044 for information about rates.

**DAYDREAMING OF VACATIONS** but a little short of cash? Buy a chance at the Farmington Founders Festival raffle, sponsored by the Farmington Chamber of Commerce. The grand prize is a trip for two in the Bahamas (three nights, four days) or \$450. Second prize is a weekend at the Grand Hotel on Mackinac Island (two nights, three days) or \$200. Third prize is a trip for two into the clouds on a hot-air balloon. There will be 25 other prizes.

The drawing will be on July 25 at 5 p.m. Tickets can be bought from local merchants, the Chamber of Commerce or local organizations.

**COUNTRY MUSIC** lovers can stomp their feet to the best of Larry Lee Atkins at the Livonia Mall on July 16-18. The shows are free. The mall is at Seven Mile and Middlebelt roads.

**CONGRATULATIONS** to Jean Roselli, 18, of Farmington Hills, who finished third in the Oakland County Parks and Recreation Commission Junior Golf Tournament recently. Meg Mallon, 18, of Birmingham took first place. The tournament was played at White Lake Oaks and Springfield Oaks golf courses.

## DR. R. J. SCHECTER SPEAKS TO YOU ABOUT HEALTH! YOU CAN BEAT THE "BAD BACK" SYNDROME



ing your back, and are afraid to do anything strenuous even when your back is not in pain for fear of having a recurrence, you are not alone. But having pain in the lower back is really no consolation.

**Surgery is not always the answer.**

Surgery might even be spending if you know for sure that it would correct your problem. But you have no guarantee, and the track record has not been outstanding.

It must be recognized that all operations, no matter whether they are called "major" or "minor", offer an element of risk. Accidents can give you the percentage, but certainly death is a possibility with all surgery. Disability may be more frequent. And pain and hospitalization are costs.

**Chiropractic treats back problems without drugs or surgery.**

Many spinal and back problems that would require surgical procedures have been treated successfully with chiropractic.

Chiropractic utilizes the inherent recuperative powers of the body and the relationship between musculoskeletal structures and functions of the body, particularly of the spinal column and nervous system, in the restoration and maintenance of health.

When all is said and done, in some cases, you may need surgery. And if you do, your doctor of chiropractic and every other conscientious member of the health team will refer you to a surgeon experienced in handling the problem. But on the other hand, you may not need surgery. Let it be worth while to at least find out before you take the surgical step!

As a member of the health team, the doctor of chiropractic diagnoses, treats and refers.

**Schecter Chiropractic Health Center**  
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As your Hostess, it's my job to help you make the most of your new neighborhood. Our shopping areas. Community opportunities. Special attractions. Lots of facts to save you time and money. Plus a basket of gifts for your family. I'll be listening for your call.  
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**July 16-19th**  
**THE INSIDE SUMMER SIDEWALK SALE**  
**THURSDAY-FRIDAY 10-9**  
**SAT. 10-6, SUN. 12-5**

**FINAL WIND-UP ON SUMMER CHILDREN'S APPAREL!**  
**50% OFF**  
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*Established Gentleman's Footwear*  
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Childrens Shoes and Sandals \$5-\$10-\$15  
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• From the House of GIORGIO ARMANI \$25-\$250 now \$14.99  
• Dress Suits values to \$75 now \$29.99  
• Large Selection of Furnishings 20-50% OFF  
• Designer Ties values to \$25 now \$3 for 12.99  
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THURS AND FRI 10-8 pm SUN 12-6 pm  
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