



The Japanese brush painting by Mary Bowman is typical of the art she creates that appears on stationery and note cards which can be found in many book stores and gift shops throughout the metropolitan area.

Ceremonial tea opens exhibit of Oriental art

An exhibit of the zen art called Sumi will open Wednesday, Nov. 10 in Farmington Community Center with a reception for the artists and a demonstration of the ancient Japanese tea ceremony. The tea ceremonies will be led by Mary Bowman and Inez Sako at 1:30 and again at 8 p.m. in the center at 24705 Farmington Road. The art exhibit will feature the works of Bowman and students who have studied the Japanese art of brush painting under her direction at the center. Sako has been Bowman's student for the entire eight years she has been teaching in the center, and recently the two became associates. Both were students in the Sohenryu School, in Toyota, Japan, where they studied the tea ceremony under Yoshido Matsuda. Sako took further studies in the ritual while vacationing in Hawaii. "The tea ceremony is an aesthetic and spiritual tradition derived from ancient Buddhist customs," Bowman said. "Its tenets, which are harmony, reverence, purity and tranquility, interpret the spirit and frame of mind when encountering other people."

Holiday craft show planned

The PTSA of Frost Middle School sponsors its annual Holiday Craft Sale from 10 a.m. to 4 p.m. Saturday, Nov. 6 in the school at 941 Stark Road, Livonia. This year about 130 artists and crafters will offer their works for sale, all original one-of-a-kind items. Lunch and baked goods are also offered. The Parent and Teachers Association of the school add the \$ in its name, which stands for Students. The students work to set up the show, clean up afterwards, help serve lunch and work on the sale's publicity.

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Mary Bowman, dressed in her Japanese tea ceremonial gown, shows some of the implements she uses while conducting the ancient ritual. Guests are invited to partake in the ceremonies which open an exhibit of Sumi, a Zen art, in Farmington Community Center Nov. 10.

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Free blood tests detect diabetes

Free blood tests to help detect diabetes will be offered by 180 Michigan hospitals and health centers during Diabetes Detection Week, Nov. 7-13. The statewide testing program is co-sponsored by the American Diabetes Association, Michigan Affiliate and is open to persons 18 and older who have not previously been diagnosed as diabetic. Botsford General Hospital, 26050 Grand River, is the participating hospital for residents in this area. Botsford will give the tests from 9 a.m. to 3 p.m. each day, Nov. 8-12. When entering Botsford for the tests, persons are asked to report to the laboratory reception area. It is suspected that an estimated 240,000 persons in Michigan have diabetes and don't know it. Persons who run a high risk of developing diabetes are 40 and older, overweight and related to diabetics. They should be checked once a year for diabetes, said Dr. Nancy Caputo, detection chairman. Diabetes is a serious disease that is a major cause of heart attack, kidney failure, blindness and death. The symptoms of diabetes, when present, may include frequent urination, abnormal thirst, unusual hunger, rapid weight loss, itching, fatigue, blurred vision, and slow healing of cuts and scratches. FOR BEST results in the test, a meal high in carbohydrates with large amounts of starches and sugars should be eaten two hours before the test. Breakfast could be fruit or juice, cereal with milk and sugar, two slices of buttered toast with jam, and coffee or tea. A person planning to take the test after lunch could have soup, a sandwich, cake or pie, and a glass of milk. The meal should be eaten within 15 minutes and nothing else except water should be taken before the test. For further information about Detection Week and other programs and services of the association, call the association headquarters in Southfield, 522-0480.

Advanced first aid class given at reduced prices

An advanced first aid course will begin at 6:30 p.m., Dec. 3 in Livonia Red Cross, 29691 Six Mile. The course will be given free, although the necessary books and supplies must be purchased, for a cost at under \$10. The course is a prerequisite for anyone who is working toward their EMT (Emergency Medical Technician) degree. This is one of the few times it has been offered without charge in this area. Registrations are being taken now by Livonia Red Cross, 422-2787.

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