

## community calendar

● **NATURAL FOOD COOKERY**  
Monday, March 7: "The Art of Natural Food Cookery," demonstration and lecture by Cal Barber at 7:30 p.m. in Harp Chiropractic Clinic, 23280 Farmington Road. No charge.

### ● CHILDREN THE CHALLENGE

Monday, March 7: Parenting classes based on the book "Children: The Challenge" by Rudolf Dreikurs begins this week in three locations. Registration information available by calling Farmington Youth Assistance (FYA), 476-5810.

### ● BABY SITTERS TRAINING

Monday, March 7: Baby sitters Training Workshop 4-6 p.m. Mondays through March 28 in Farmington Branch Library, State and Liberty, for those 11-15 years. Materials fee of \$1.50 payable at first class. Reservations are necessary by calling the library, 474-7770.

### ● AEROBICS

Monday, March 7: Aerobics classes being held this week in Botsford Hospital's Administration and Education

Building, 28050 Grand River. Morning, afternoon and evening classes offered. Registrations taken by calling the hospital, 471-8091.

### ● BENEFIT AUCTION

Tuesday, March 8: Auction to benefit Farmington Historical Society begins at 8 p.m. in Botsford Inn. Participants are asked to bring an item to auction marked with a starting price. Reservations are requested by calling Nancy Leonard, 476-4125. Admission of \$1 asked at the door.

### ● LUNCH AND FASHIONS

Tuesday, March 8: "Springtime in the Hills," lunch followed by fashion show begins at 11 a.m. in Oakland Hills Country Club, Birmingham, sponsored by Society of Engineers' Wives. Tickets at \$18 each available by calling Dorothy Beavers, 474-8766.

### ● QUILTING

Tuesday, March 8: Four-session quilting class for beginners begins at 7 p.m. in Warren's Corner, 23285 Farmington Road. Pre-paid registrations taken in the shop.

### ● NURSERY OPEN HOUSE

Tuesday, March 8: Parents and their tots are invited to sit in Mayfair Co-op Nursery School sessions from 9:30-11:30 a.m. or 12:30-2:30 p.m. sessions, 39450 Farmington Road. The nursery is accepting enrollments for the remainder of this year and registrations for the September term.

### ● TAX AIDES

Tuesday and Thursday, March 8 and 10: Tax Aides will assist seniors and the handicapped with their 1982 state and federal income tax forms from 10:30 a.m. to 2:30 p.m. Tuesday in Farmington Hills Senior Center, in Mercy Center complex, on 11 Mile through Gate 4 east of Middlebelt; and from 11 a.m. to 3 p.m. Thursday in Farmington Place, 32900 Grand River. No charge.

### ● WEIGHT WATCHERS

Tuesday, March 8: Florine Mark Ross hosts a free introductory lecture to Weight Watchers at 7:30 p.m. in Botsford General Hospital, 28050 Grand River. Weight Watcher meetings will begin in the hospital the following week. Inquiries taken by calling Botsford's Health Promotion and Development Department, 471-8091.

### ● AGING PROCESS

Wednesday, March 9: "The Aging

Process: Facts and Myths and a Simulation Game," program led by Barbara Majoros, member of Michigan Society of Gerontology at 7:30 p.m. in Room 308, 31 Building, Orchard Ridge Campus, Oakland Community College. Admission of \$3 asked at the door.

### ● CREATIVE COOKING

Wednesday, March 9: "Basics of Creative Cooking," one-session workshop teaches budget stretching, terms, techniques, sauces, uses of wines, liquors and saucers led by Judy Antishin from 10 a.m. to noon in Farmington Community Center. Fee of \$10 payable with in-person registration in the center on Farmington Road, north of 10 Mile.

### ● TALENT SHOW

Wednesday and Thursday, March 9-10: Talent show, staged by five Brownie troops, at 3:45 p.m. Wednesday and at 7 p.m. Thursday in William Grace Elementary School, 29040 Shilwaukee Road. Admission is by donation to the Juliet Low World Friendship Fund.

### ● STENCILING

Wednesday, March 9: "Stenciling," two-session workshop begins at 7 p.m. in Warren's Corner, 23285 Farmington Road. Fee is payable with pre-registration in the shop.

### ● DREAMS

Wednesday, March 9: Classes on dream interpretation, sponsored by Eckankar, begins at 8 p.m. in Schoolcraft College's Liberal Arts Building on Haggerty between Six and Seven Mile Road. Registration information given by calling Jean Rowe, 420-4882.

### ● YOGA CLASSES

Wednesday, March 9: Yoga classes begin at 1 p.m. in Farmington YMCA, Farmington Road, north of 12 Mile. Registrations taken by calling the Y, 553-4020. Baby-sitting services available for both sessions.

### ● BASEBALL REGISTRATION

Wednesday, March 9: Registration for 7-16-year-old boys and 8-18-year-old girls for 1983 baseball season of South Farmington runs from 7-9 p.m. in Farmington High School, 32000 Shilwaukee. Players must be accompanied by a parent or guardian. Those who did not play last year must bring their birth certificate and live within the boundaries of Eight Mile and Nine Mile; Inkster and Haggerty. Registration continues from 10 a.m. to 2 p.m. March 12, in same location.

### ● BEAUFICATION COMMITTEE

Thursday, March 10: Farmington Beautification Committee regular

monthly meeting at 8 p.m. in Farmington City Hall, Liberty Street and Grand River. Open to all interested persons.

### ● DINNER AND FASHIONS

Thursday, March 10: Fashion show sponsored by Sts. Constantine and Helen Greek Orthodox Church begins with cocktails at 6 p.m., followed by dinner and fashions from Claire Kelly in Vladimir's Restaurant, Grand River west of Eight Mile Road. Reservations at \$15 each taken by Bessie Diamond, 422-0270.

### ● STRESS, HEALTH AND YOU

Thursday, March 10: "Stress, Health and You," lecture by Dr. Alan Post at 7:30 p.m. in Harp Chiropractic, 23280 Farmington Road. No charge.

### ● TURTLE MOVIES

Friday, March 11: Three movies about turtles followed by a craft project for preschoolers and kindergartners at 10:30 a.m. in Farmington Branch Library, State and Liberty. Youngsters are asked to bring a walnut shell for craft project. No charge.

### ● SATURDAY MATINEE

Saturday, March 12: Saturday matinee of movies for elementary aged school children at 2 p.m. in Farmington Hills Branch Library, 12 Mile, east of Farmington Road. No charge.

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PROPER FOOT WEAR — A  
RHEUMATOLOGIST'S VIEW  
Though it may incur the wrath of the fashion community, this column will present a rheumatologist's view of what constitutes suitable foot wear.  
The typical woman's shoe includes most of the undesirable features possible to design into footwear. The high heel places all of the body's weight onto a narrow area in the back of the foot. The slant of the high heel also then transfers that weight onto another small area — the 2nd and 3rd metatarsal heads. This distribution of weight also places a strain on the back. The streamlined top of the shoe, narrowing down to a point, crowds the toes while the hard, smooth sole covering over the toes causes foot compression. The result is to cramp the toes in a way ideal to the development of bunions and crooked toes.  
The ideal shoe for men or women starts with a heel and sole at least a half-inch thick and so constructed as to form a continuous strip from the back of the heel to the tip of the sole. The top part of the shoe should be sufficiently wide to permit the toes to spread apart. The covering over the foot needs to be soft and pliant in order to avoid rubbing abrasively against the bony edges of the first and last toes. Rockers, Hushpuppies and Wallabee shoes are made with these constructs in mind. If you have no back, foot or ankle problem, you can disregard these comments. If you do have arthritis in these joints, please take the above advice seriously.  
Dr. Weiss welcomes questions from readers, please address your inquiries to his office.

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