Classes slated for community school

for the 4-6-year-old in tap, jazz and tumbling. Basic rhythms combined with song and dance routines will delight the beginning youngster. Mondays, 10-45-11-45 a.m.,gym; Mondays, 1-2 p.m., gym.

1-2 p.m., gym.

TAP AND JAZZ BEGINNING

Students will learn tap steps such as brushes, shuffe, flap and jazz combinations. Steps will be put together in short combinations and routines. Monday, 545-645 p.m., gym., for girls and boys ages 9 and up. Tuesday, \$455-645 p.m., gym., for girls and boys ages 6 through the put of the property of the pro

RETURNING STUDENTS Students who attended classes last year should have received letters in the mall regarding registration and class times.

Volunteershelp the sick a light airy wreath that can be lung anywhere. Bring glue, selssors, wire clippers, Materials due instructor \$8.

Gontinued from Page 1
decide where they want to go — as far as their carren; "she said.

Most of the 31 students, who volunteed said they wanted a career in the health field, or at least wanted to find out if they would like to work in a hospital, Emmer said.

Many of the 31 students have resumed school and will be too busy to volunteer, but some are staying on, Emmer said. Although many hospitals offer volunteer programs for students only during the summer, Botsford officials are continuing the program throughout the year. The hospital staff still is accepting applications from students who would like to volunteer. But students was go through an orientation program with their parents and a three-hour training program with Norma Frasure, a retired Botsford nurse.

Any student who is interested in volunteering should contact Emmer in the volunteer services office at Botsford.

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● ENGLISH SMOCKING WORK-SHOP — Wednesday, 10-12, Room Kit, \$10. Learn the basic stitches and techniques for hand smocking. The sampler you will complete can be used as an inset for a pillow, apron or child's pina-fore. Brine No. 8 crewel needles, two skeins DMC enbroidery floss, scissors, measuring tape. Teacher will provide kit at \$3. Class meets twice, Wednesdays, Oct. 5 and Oct. 12. Limited to 12. ● ENGLISH SMOCKING O

days, Oct. 5 and Oct. 12. Limited to 12.

ENGLISH SMOCKING
CHRISTMAS ORNAMENTS —
Wednesday, 10-12. Room 10, \$10. Learn
the basic sittches and techniques for
hand smocking. Students should be able
to complete two ornaments. Teacher
will provide materials at \$5. Class
meets twice, Mondays, Oct. 19 and Oct.
26. Limited to 12.

GRAPEVINE WREATH—
Wednesday, Nov. 16, 1-3 p.m., Room 10,
\$3. Decorate a small grapevine wreath
with bables breath and silk flowers for

• RIBBON WREATH— Wednesday, Oct. 26, 1-3 p.m., Room 10, \$3. Make a ribbon bow wreath in your choice of colors. Materials fee due instructor \$10. Bring glue, straight plas, scissors, wire clippers.

WREATH— Wednesday, Nov. 2, 1-3 p.m., Room 10, \$3. Teacher will furnish supplies at approximately \$10 per wreath. Bring glue, straight pins, selssors, wire clippers.

● CALICO WREATH — Wednesday, Oct. 26, 10-12, Room 10, \$3. Students will wrap and decorate a 10-inch wreath using choice of fall ribbon col-ors and artifical materials. Materials fee due instructor \$10. Bring glue, straight pins, seissors, wire clippers.

 CREATIVE GREETINGS-CREATIVE GREETINGS—
Wednesday, 1-3 p.m., Room 1, \$10. Create your own original greeting cards,
holiday or friendship, with linoleum
block or silk creeen printing. Come
with project ideas for discussion. Materials fee due instructor, \$2. Students to purchase own paper. Class meets three weeks, Saturdays, Oct. 3, 10, 17.

• FABRIC PHOTO ALBUM-- Fri-◆ FABRIC PHOTO ALBUM— Friday, Sept. 30, 10 a.m. to noon, Room 1, 53. Make an attractive custom-covered padded photo ablum to hold treasured keepsake pictures or to give as a gift. Supplies needed: scissors, 10 x 12 ring binder or photo ablum which lies flat when open, one yard ¾ wide satin or gross grain ribbon, twe pieces poster board 10 x 12, quit. Howers, satin ribbon, ¼ wide pre-gathered lace. \$2 due instructor for other materials needed.

CALICO CHRISTMAS ORNA-MENTS— Friday, Oct. 21, 10 a.m. to noon, Room 1, \$3. Make two calleo or-naments to hang on the tree. One is a padded basket just the right size to fill with a touch of bables breath or a small trinket. The second is a mini padded oval frame with a spot to hold a small photo or to insert a mirror that will re-flect holiday lights. Brings exissors, \$5 due instructor for materials needed.

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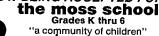




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The first indication that the hips and knoes are beginning to wear occurs when you start to get up from a silting position. This movement places considerable strain on these joints, the body perceives that commencing to walk will cause joint pain and opposes the action.

What can be done? If after taking a step or two, the discomfort stops, then your joints are basically sound, you should not give the matter further incught. If effecting persists or pain occurred to weaking, it is time to see a doctor, which was the property of the prop





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