

recreation news

Each week the Farmington Hill Parks & Recreation Department will present a synopsis of upcoming activities in this column. For further information regarding our programs, contact our office at 474-0115.

YOUTH BOWLING LESSONS — The Parks & Recreation Department, in cooperation with Bel-Aire, Country and Nor-West Lanes, will offer a comprehensive weekly program for grades 3-5 that will teach individuals correct lane approach, ball delivery, timing and scoring. Classes begin the week of Sept. 28. The time of classes will be 4:30 p.m. weekdays and 9:30-11 a.m. Saturday at Nor-West Lanes only. Fee is \$12. Register at the Parks & Recreation office, the informational flyers will be dispersed through the Farmington Public Schools soon.

ICE SKATING LESSONS — Learn to skate or improve your technique; our lessons include the beginner through the advanced. Classes meet for 30 minutes, once each week, for six weeks. The first session will begin during the week of Sept. 28. Classes are scheduled at 3:30 p.m. for children and at 7:30 and

8 p.m. for adults. All lessons will be held at the Beech Woods Arena and the fee is \$24.

YOUTH SWIM LESSON REGISTRATION — Registration for fall swim lessons has begun at the Parks & Recreation office. The fall session will take place at North Farmington High School pool beginning Saturday, Oct. 1. The youth class schedule will consist of levels 1-5 at 9 and 10 a.m. and levels 6-10 at 11 a.m. The fee for youth is \$17 per participant. Registration will be accepted on a first-come, first-served basis.

SENIOR ADULT CENTER — The senior adult center is located at the Mercy Conference Center, 28600 11 Mile, just east of Middlebelt. The entrance is located via the parking lot on the east side of the building at the large green awning. The center is open Monday-Friday from 10 a.m. to 3:30 p.m. Weekly activities include karate, yoga, exercise and ethnic dance classes, open swim, oil painting and crafts, volleyball, coin collecting, trips, stroke club, special events and lots of friends and fun. Stop by and join us and make sure

you get a copy of our monthly senior adult calendar.

PUNT, PASS & KICK — Farmington Hills Parks & Recreation and Tom Holzer Ford will be co-sponsoring a regional punt, pass and kick competition for boys and girls ages 8-13 years of age. The event will be held on Sunday, Oct. 9, at the North Farmington High School athletic field. Participants will compete between the hours of 10-11:30 a.m. Awards will be given for the 1st, 2nd and 3rd place winners in each division. The regional winners will go along and compete for the metro championship on Sunday, Oct. 15 at Shepard Park in Oak Park. Registration forms may be picked up at Tom Holzer Ford, located on Grand River, east of Orchard Lake Road, or at our office.

SENIOR ADULT SPEAKER SERIES — The senior adult center will host Barbara Lofquist, director of program at the American Diabetes Association, at 11:15 a.m. Tuesday, Sept. 27. Lofquist will present a comprehensive talk on "What Everyone Should Know about Diabetes." There will be time for questions and answers.

Osteopathic week is celebrated

By Diane Gale
staff writer

Botsford Hospital in Farmington Hills is observing National Osteopathic Medicine Week, which began Sunday, with announcements about improvements in facilities.

Botsford spokesman Russ Tuttle explained the hospital's philosophy: Osteopathic practitioners contend that the body has inherent capabilities to heal itself. Osteopathic doctors look at the functioning of the whole body to cure a problem in one part.

The philosophy and science of osteopathic medicine was founded in 1892 by Dr. Andrew Taylor Botsford. He opened its doors for the first time in 1905.

During the past year the facility has taken on many new aspects. A birthing room that emphasizes relaxation allows the parents to decide who may be present during the birthing period and how the procedure should take place.

THE ROOM looks like an average bedroom. All the necessary medical equipment needed should an emergency arise is hidden behind curtains, pictures and other fixtures.

Pregnant women are required to attend Lamaze classes, and given control

of how the birthing time will run. Close family members may remain in the room during the experience. Fifty women have taken advantage of the natural and relaxed birthing room.

The women must be in excellent health, without any expected birthing complications. However, Donna Pauling, clinical coordinator of the alternative birthing unit, said if something happens during the birthing process the

operating room is only 10 seconds away.

Another new offering at the hospital that began in May, called the birthing program, offers pregnant women without insurance hospital care for \$800. The reduced rate covers the total costs for doctors, room, medication and all other fees that may be involved.

Women may opt to use the birthing room or the conventional operating room at the same rate.

Free posters available honoring emergency care

In observance of Emergency Medicine Week, the Henry Ford Hospital West Bloomfield Center (HFWB), 6777 Maple west of Drake, offers a free Emergency Medicine poster for display at home or on the job.

In addition, HFWB is providing a taped message on "what to do in an emergency" to persons who call the health care Hotline, 876-7100.

The poster includes the following information:

- What to do in an emergency.
- What to keep in your first aid kit.
- How to be prepared for emergencies.
- Guidelines for childhood emergencies.
- How to help your emergency physician help you.
- Poison prevention guidelines.

WEST BLOOMFIELD center's emergency service is one of four 24-hour HFWB emergency care facilities.

Wholistic health is discussed

Wholistic health care is a three-part series presented by Dr. Alan R. Post and Dr. Bruce Lowen of the Harp Clinic in Farmington.

The first session on September 28, 7:30 p.m., will focus on natural health care, exploring the body's ability to respond to stress, anger, tension and other emotions. Dr. Post will explain how to make your body work in harmony with your mind.

On Oct. 3, the wholistic session will be an introduction to nutrition, both myths and facts. Dr. Post will discuss

the broad spectrum of natural foods and vitamins.

The final session in the series will be Oct. 17, "Touch for Health." It is an introduction to home health care maintenance programs. Learn about muscle relationships, body imbalances, allergy testing methods, energy meridians. Both Dr. Post and Dr. Lowen will participate in this session.

The series is free to the public. All sessions will be in the Farmington Branch Library auditorium, 7:30 p.m. For more information, call the library, 474-7770.

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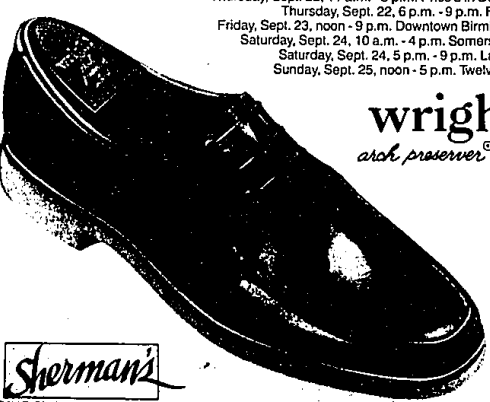
With this many Wrights, you can't go wrong.

Sherman's annual showing and sale of Wright Arch Preserver's entire line.

Don't miss a trunk showing and 10% off sale of the world's most comfortable shoe, hosted by Wright Arch Preserver factory representative, Mr. Merlin Studt. Choose dress, office and casual styles, and boots. Mr. Studt will also take special custom orders during the show. Sizes include Triple A's to Triple E's in 6 1/2 to 15. Frankly, with so many comfortable Wrights around, you can't go wrong.

See the Wright Arch Preserver line at these Sherman's stores.

Thursday, Sept. 22, 11 a.m. - 5 p.m. Price's in Dearborn.
Thursday, Sept. 22, 5 p.m. - 9 p.m. Fairlane.
Friday, Sept. 23, noon - 9 p.m. Downtown Birmingham.
Saturday, Sept. 24, 10 a.m. - 4 p.m. Somerset Mall.
Saturday, Sept. 24, 5 p.m. - 9 p.m. Lakeside.
Sunday, Sept. 25, noon - 5 p.m. Twelve Oaks.



wright arch preserver shoes

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