

## recreation news

Each week the Farmington Hills Parks & Recreation Department will present a synopsis of upcoming activities in this column. For further information regarding our programs, contact our office at 474-6115. Matters regarding our City Council agenda, call our Neustein at 476-3838.

**CROSS-COUNTRY SKI LESSONS** — The Parks & Recreation Division will be offering cross-country ski lessons at the Glen Oaks Ski Center. Lessons will be available on the weekends for beginner and intermediate skiers at 10 a.m. and 12:30 p.m. All lessons are 1½ hours long. The fee for the lessons will be \$11, including ski rental; \$6 with your own equipment. Ski lessons are registration only at the Parks & Recreation office.

**MOONLIGHT SKI TOUR** — Enjoy skiing beautiful Glen Oaks Golf Course

by moonlight 7-10 p.m. Friday, Feb. 8. No fee will be charged for this special event. Ski rental and a snack bar will be available. No registration necessary. Ski rental is \$6.

**SNOW SCULPTURE CONTEST** — The Parks & Recreation Division is sponsoring a snow sculpture contest for individuals, churches, clubs or schools to show their creative talents on Saturday, Feb. 16. Awards will be given to the largest, most elaborate and most colorful creation. The judging will be done after 3 p.m. on Feb. 16 at the locations that are chosen by each entry within the Farmington area or school district. Entry fee is \$5.

**C.P.R.** — This American Red Cross course is a nine-hour comprehensive class and refresher course. The session will run Tuesday, Feb. 26; Thursday, Feb. 28 and Tuesday, March 5. Classes

will be at O.E. Dunckel Middle School and will run 7-10 p.m. The class fee is \$5 and includes books and handouts. Registration is required for this class.

**SENIOR ADULT TAX ASSISTANCE** — Senior Adults can receive assistance with preparation of 1984 federal, state, homestead and energy audit forms. Please be prepared when you come. Bring your 1984 "99" form and 1989 forms the amount of interest, dividends and Social Security received in 1984 and the amount of real estate taxes or rent paid in 1984 and to whom. A copy of your 1983 tax return is helpful. All assistance remains confidential and free. The program will be at the Senior Adult Center on the following Tuesdays: Feb. 5, 12, 19 and 26; March 5, 12, 19 and 26; April 2, 9.

**DADDY/DAUGHTER VALENTINE DANCE** — On Thursday, Feb. 14, 7-

8:30 p.m. at Vladimir, Dan can invite his daughter to be his date for the 1st Annual Daddy/Daughter Valentine Dance. Our Valentine D.J. will be playing a variety of music for individuals to dance to with a special memento of a picture in a decorated frame along with a corsage for Dad's date and a boutonniere for Dad. Registration will be accepted at the Parks & Recreation office on a first-come-first-served basis for 80 couples or until Feb. 11. Registration fee for dad and daughter is \$4; dad and two or more daughters is \$5.

**ADULT SOFTBALL** — The Parks & Recreation Division will hold its initial manager's meeting on Tuesday, March 12 at the Farmington Hills Library 3237 12 Mile. Women's League meeting will be at 8:30 p.m. with the Men's League at 7:30 p.m. Discussion will include league information, entry fee, registration dates and other pertinent information.

## Program evaluates disabled drivers

A program to evaluate and train adult drivers who have a physical disability has begun at Providence Hospital, Southfield, under the auspices of

the occupational therapy department. The program accepts adults who were licensed drivers before they became disabled, those who haven't driv-

en for a long time because of a disability, and those who are new at driving.

Brenda Burton, chief occupational therapist, says, "Our society is based on mobility. A person may be able, despite a handicap, to find a job. But if that person can't get to the job on a dependable schedule, he or she can't hold it. So much of our lives is centered around being able to get where we want to go, and the handicapped are no exception to this experience."

A specially equipped car is used in the training program. Aids on the car include hand controls, steering knob, lever extension for turn signals and gear shift, brake and accelerator extension, mirror extensions and a left foot accelerator. These aids can be added to standard vehicles without major changes to the family transportation. Others in the family can drive the same car without using the aids.

Client enters the program with a referral by their physician. Then an assessment of physical limitations, perception, reaction time and needs for special equipment is made. This is followed by a behind-the-wheel evaluation of driving skills and judgment in handling the vehicle. The final step is on-road training.

Any individual who meets state driving requirements will be accepted for evaluation. The program instructor is a registered occupational therapist who is also a licensed driver educator.

Providence's Handicapped Driver Training Program differs from others in that an actual car is used in the training, not a simulator.

## Business tax benefits discussed at seminar

"Tax Benefits of Small Business," a one-day workshop for current or prospective small business owners and managers, takes place from 8:15 a.m. to 3 p.m. Saturday, Feb. 16, at Wayne State University's McGregor Memorial Conference Center located on University Blvd. Participants will learn the basic tax concepts necessary to minimize taxes on business income. Review of "tax shelter" aspects of small businesses, understanding the role of the IRS, common myths and misinformation will be discussed. The workshop will be under the direction of Albert Spalding, CPA, attorney and small business consultant. These workshops are co-sponsored

by Wayne State University's College of Lifelong Learning, the U.S. Small Business Administration and the Small Business Development Center. The fee of \$40 includes materials, refreshments and lunch.

For further information or registration, call Nancy J. Grose or Karen Leigh at 577-4710.

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## THE BACK PAGE

### EXTRA! EXTRA! MILK IS FOR BABY COWS

Yes, more and more doctors and nutritionists are advising people to eliminate or reduce their intake of dairy products. The increasing numbers of people developing milk related allergies has forced many people to ask "Why," and to seek alternatives to cow's milk. Most milk allergies are caused by an insufficient amount of the enzyme lactase, which serves to break down the sugars of the cow's milk. Normally, after we are weaned from our mother, the production of this enzyme by our body ceases by the age of 7 years. Pasteurization and homogenization also inhibit the easy digestion of most milk products.

There are alternatives to cow's milk - goat's milk being one. But some people can't or would rather not handle goat's milk products. Soy milk and nut milks are some non-dairy alternatives which are gaining rapidly in popularity and taste. In addition to being completely free of milk sugar and other irritants, soy milk also has no cholesterol, and substantially fewer calories.

Soy milks come in a variety of flavors, from plain to cranberry, to vanilla and carob malted. All are rich in iron, vitamins B, E, F, and lecithin, and are an excellent source of good quality protein for adults and children alike. Most soy milks do not require refrigeration, and thus are convenient for traveling and lunch boxes.

The Good Food Company carries a wide variety of non-dairy milk alternatives. Currently, Edensoy brand Plain and Carob soy milks are on sale at 54¢ per 6 oz. package, and Westbrae's Vanilla, Carob and Cocoa Mint Malted are on sale at 76¢. We think you'll like the taste, and maybe even see how UDDERLY easy to use and beneficial non-dairy milk can be!

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