

community calendar

GED TESTING

Monday and Tuesday, May 6-7: GED (General Education Diploma) testing given from 8:10 a.m. to 11:30 a.m. by Clayenceville Adult Education. Fee of \$10 is payable with preregistration, which is necessary in the school board office, 20210 Middlebelt.

'CHILD FIND'

Monday, May 6: Testing for "Child Find," a program to identify infants and children in the community who may qualify for special education services, given in Fairview Early Childhood Center, 38500 Oak Crest, through mid-June. Persons requesting the tests must call the center, 626-8335 for an appointment.

BLOOD PRESSURE EDUCATION

Tuesday, May 7: Series of four classes on blood pressure education begins at 7 p.m. in Botsford Hospital's Education Center, 28950 Grand River. Fee is \$20. Reservations taken by calling the hospital, 471-8080 between 9 a.m. and 5 p.m. weekdays.

'THE WRITE APPROACH'

Tuesday, May 7: "The Write Approach," overview of the many uses of the science of handwriting analysis, with instructor Ruth Holmes at 7:30 p.m. in Farmington Community Center. Reservations are \$10 each taken in the center on Farmington Road north of 10 Mile.

COMPUTER SOFTWARE

Tuesday, May 7: "Computer Soft-

ware," talk by a representative from Computer Connection who discusses word processing, databases, financial and telecommunications, at 7:30 p.m. in Farmington Hills Branch Library, 32377 12 Mile. No charge, but reservations are requested by calling the library, 553-0300.

GIBSON OPEN HOUSE

Tuesday, May 7: Open house from 9:30 a.m. to 2:30 p.m. in Gibson School for the Gifted, 12925 Fenton, Redford. Visitors are invited to see typical school day in action, from prekindergarten through middle school.

JAZZ BAND

Tuesday, May 7: Oakland Community College Jazz Band under the direction of Craig Strain in National Music West concert, 7 p.m. in 12 Oaks Mall center court.

MEMBERSHIP TEA

Tuesday, May 7: Farmington Hills Junior Women's Club host a membership tea for new and potential members to learn the workings of the club at 7:30 p.m. in Farmington Community Center, Farmington Road, north of 10 Mile. No charge. Guest speaker is Sparkle Worley, from Michigan Federation of Women's Clubs.

MUSIC WEEK CONCERTS

Wednesday, May 8: North Farmington High School Symphony Band in concert at 11:30 a.m.; North Farmington High School Vocal Concert at 1 p.m.; and Farmington Hills Jazz Ensemble in concert at 7 p.m. in 12-Oaks Mall

Center Court. The free concerts are given in observance of National Music Week.

MEET THE ARTIST

Thursday, May 9: Mary Bowman receives guests from 7-9 p.m. in iBrowse Bookstore, Northwestern Highway, east of Orchard Lake Road, for the opening of her one-woman show of Oriental paintings. Show remains through May 31.

'FOCUS ON THE '40s'

Thursday, May 9: "Focus on the '40s" continues American history film series at 7:30 p.m. in Farmington Branch Library, 23500 Liberty. No charge. Series concludes May 23.

BASKETRY

Thursday, May 9: Berry basket created in basketry workshop at 6:30 p.m. in Warren's Center, 23285 Farmington Road. Fee of \$22 includes all materials necessary, taken in the shop.

FREE CALLS TO MOTHER

Friday, May 10: Harrison High School Symphony Band Concert at 7:30 p.m. in the school auditorium, 12 Mile Road, between Orchard Lake Road and Middlebelt. Admission is \$1.50, or \$1 for students and seniors at the door.

YOUTH TAUGHT TO DIAL

Thursday through Saturday, May 9-11: AT&T's Teach-A-Child Program instructs youngsters how to use the telephone in the event of an emergency in programs that begin every half hour from 11:30 a.m. to 7:30 p.m. in Livonia Mall's Center Court, Seven Mile and Middlebelt Road. No charge.

'APPLAUSE'

Thursday through Sunday, May 9-12: "Applause," staged by the Farmington Players at 7:30 p.m. Thursday and Sunday, and at 8:30 p.m. Friday and Saturday, in the Players Barn, 32327 12 Mile Road. Tickets available by calling the theater box office, 626-5061. Play continues May 2-5; 9-12; 16-18.

CHAMBER WINDS

Friday, May 10: All Brass Detroit Chamber Winds in concert at 8 p.m. in Smith Performing Arts Theater, Orchard Ridge Campus, Oakland Community College. Package priced tickets available for optional 6:30 p.m. dinner. Reservations taken by calling the box office, 471-7700.

RUMMAGE AND BAKE SALE

Friday and Saturday, May 10-11: Rummage and bake sale from 9 a.m. to 5 p.m. Friday and from 9 a.m. to noon Saturday in Hope Lutheran Church, 32000 12 Mile. Dollar-a-bag sale Saturday only.

'LIGHTS, CAMERA, MUSIC'

Friday and Saturday, May 10-11: "Lights, Camera, Music," Farmington Community Chorus in concert at 8 p.m. each night in North Farmington High School, 32000 12 Mile. Tickets are \$3.50, or \$2.50 for seniors and students at the door.

'HOW TO CAMOUFLAGE'

Friday, May 10: "How to Camouflage" fashion seminar on camouflaging figure problems through proportional dressing and accessorizing, at 12:30 p.m. in Sears-Winkelman Court, Livonia Mall, Seven Mile and Middlebelt Road. No charge.

SYMPHONY BAND CONCERT

Friday, May 10: Harrison High School Symphony Band Concert at 7:30 p.m. in the school auditorium, 12 Mile Road, between Orchard Lake Road and Middlebelt. Admission is \$1.50, or \$1 for students and seniors at the door.

Flea Market

Saturday, May 11: Flea Market from 9:30 a.m. to 4 p.m. on the Northwest YWCA parking lot, 25940 Grand River.

RUMMAGE SALE

Friday and Saturday, May 10-11: Rummage sale from 9 a.m. to 4 p.m. Friday and from 9 a.m. to 1 p.m. Saturday in First United Methodist Church of Farmington, 33202 Grand River.

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PRISM CONCERT

Sunday, May 12: Prism, music ministry of Campus Crusade for Christ, in concert at 7 p.m. in St. John Lutheran Church, on Gill Road between Grand River and Freedom. No charge. Good will offering asked.

SUMMER WARDROBE

Monday, May 13: "Summer Wardrobe Planning," workshop led by Marlene Coffey, at 7:30 p.m. in Farmington

Community Center, Farmington Road north of 10 Mile. Fee of \$8 payable with in-person registration in the center.

BLOOD-PRESSURE SCREENING

Monday, May 13: Free blood-pressure screening and followup offered from 1-4 p.m. in Botsford Hospital's Education Building, Classroom C, 28950 Grand River.

BUSINESS SECURITY

Monday, May 13: Business Security Seminar presented by Farmington Hills Police Department's Crime Prevention Unit, at 8 a.m. in Tally Hall, 31085 Orchard Lake Road. No charge. Seminar is open to all interested persons, but designed particularly for persons who own businesses in the area. Reservations are requested by calling 473-9539 weekdays during regular office hours.

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Volunteer honored

Farmington Community Center has named Robert Fezzy "Volunteer of the Month" in recognition of his long-term and extensive volunteer participation in the center's activities.

A member of the center's board of directors for three years, Fezzy is now vice president and president-elect. He was instrumental in organizing the Men's Club and has participated in the silent auction and the fund drive, both annual events.

"Being selected 'Volunteer of the Month' is quite an honor to me," said Fezzy. "Volunteerism is vitally important to all organizations of this type. Without the volunteers at the Farmington Community Center, the place could not exist."

Fezzy, a native Detroit, is retired from Michigan Bell management where he worked for 36 years. He is treasurer for American Heart Association of Michigan, vice president of Farmington Lion's Club and a member of Economic Club of Detroit.

Fezzy and his wife, Mary Jo, have lived in Farmington Hills for 23 years.



Robert Fezzy

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TRIGGER POINTS AND THEIR TREATMENT

Trigger points are focal areas of sharp and radiating pain originating in muscles. Usual sites are at transitions where muscle inserts into bone, such as in the neck, shoulders, elbows, mid and low back, hips, below the knees and at the sides of the ankles. These sites may be single or present in a symmetrical fashion on both sides of the body.

Treatment centers on stopping the cycle of pain and irritation that originates from the trigger point. Drugs are of little value, heat may help, and there are advocates for the use of pressure, though this approach remains to be proven. The therapy with the most success is injection, in which local anesthetic and then steroid solution are injected into the center of the trigger point site.

Such therapy does not always result in a cure, trigger points may recur and require further injection. Fortunately the problem does not continue indefinitely, as eventually the body's own repair processes replace the inflamed area with normal tissue.

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FREE WEIGHT LOSS CLINIC

In the November issue of Better Homes and Gardens the new Cambridge Plan was shown to be the lowest in calories of 30 popular diets, and one of only two to offer 100% or more of selected nutrients vital to good health.

Discover why 7 million people have experienced rapid weight loss with Cambridge.

Opinion Research results show people who have lost weight over 50 pounds with Cambridge keep it off longer than any other plan including Weight Watchers.

Sample the delicious flavors.

Listen to local residents who have experienced success on Cambridge Weight Management Programs.

Learn the scientific reasons why Cambridge works from area medical professionals including Dr. Stuart Barak, M.D.

Learn about the exciting new additions of fiber, behavior modification and exercise to ensure success.

Find out why professional sports trainers all over the country are using Cambridge as an energizing health food.

Three special door prizes will be given away including a vacation package in the Grand Bahamas.

CALL FOR RESERVATIONS TODAY SEATING IS LIMITED

DATES AND LOCATIONS

DATE: Wednesday, May 8th	DATE: Thursday, May 9th
TIME: 7:30 p.m.	TIME: 7:30 p.m.
PLACE: The Holiday Inn in Livonia at 6 Mile and 275.	PLACE: The Midtown Inn Southfield on J.L. Hudson Drive.

SPECIAL GUESTS
DR. STUART BARAK, M.D., AND FORMER DETROIT LION STAR, DENNIS FRANKS

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When: Monday, May 13, at 12 noon.
Where: The Jewish Community Center, 6600 West Maple Rd., West Bloomfield
Guest Speaker: Dr. Jeffrey Obron, M.D.
Phone 352-7810 for more information.