

around Farmington

TRAVEL FILMS
Monday, Nov. 4: "Visit to Epcot Center," "Sequoia," and "Poland" continue travel film series at 7:30 p.m. in Farmington Branch Library, 23500 Liberty. No charge.

DIABETES TESTS
Monday through Friday, Nov. 4-8: Free diabetes screening tests offered in observance of Diabetes Detection Week from 9 a.m. to 3 p.m. each day in Botsford Hospital, 28050 Grand River.

GED TESTING
Monday and Tuesday, Nov. 4-5: GED (General Education Diploma) testing scheduled 6-10 p.m., administered by Clarenceville School District. Pre-registration is necessary in the school's board office, 20210 Middlebelt.

PRESCHOOL ART
Monday, Nov. 4: Arts and crafts created by preschoolers who attend Mayfair Co-operative Nursery School on display in Farmington Hills Branch Library, 12 Mile east of Farmington Road, until Nov. 30.

LOOKING GOOD
Wednesday, Nov. 5: "Looking Good," for mothers and daughters in skin care, makeup application and color coordination, begins at 7 p.m. in Room 145, M Building, Orchard Ridge Campus, Oakland Community College. Registration information given by calling the campus, 471-7500.

PRACTICING FOR RETIREMENT
Wednesday, Nov. 6: "Practicing for Retirement," three session seminar begins at 7:30 p.m. in Farmington Community Center. Fee is \$10. Registrations taken in the center, on Farmington Road, north of 10 Mile.

ENJOY BEING SINGLE
Wednesday, Nov. 6: "Enjoy Being Single," program led by Luther Wagner at 7 p.m. in Farmington Community Center. Registrations at \$7 each, taken in the center on Farmington Road north of 10 Mile.

BACH CONCERT
Wednesday, Nov. 6: Program based on a portrayal of Johann Sebastian Bach in observance of the musician's 300th birthday anniversary and National Federation of Music Club's "Federation Day," at 12:30 p.m. in First Presbyterian Church, Farmington Road and 13 Mile. Sponsored by Farmington Musicales. Reservations, at \$150 each, taken by Marilyn Wallas, 661-5110.

HOLIDAY CRAFTS
Wednesday through Friday, Nov. 6-8: Holiday Crafts for sale made by residents of University and Dorvin Convalescent Centers, during regular mall hours in Livonia Mall, Seven Mile and Middlebelt.

COUNTED CROSS STITCH
Thursday, Nov. 7: "Counted Cross Stitch," two session workshop for needlework beginners, begins at 1 p.m. in Farmington Community Center. Fee of \$15 payable with registration in the center on Farmington Road north of 10 Mile.

BALES IN ARMS
Thursday, Nov. 7: "Bales in Arms" opens Great Musicals Film Series at 1 p.m. and 7 p.m. in Smith Theater, Orchard Ridge Campus, Oakland Community College. No charge.

TEEN-AGE SUICIDE
Thursday, Nov. 7: "Teen-age Suicide and Adolescent Prevention," talk by Natalie Rice of Humanistic Resources at 7:30 p.m. in Warner Middle School, 14 Mile between Middlebelt and Northwestern Highway. \$1 donation asked at the door.

THE COMET HALLEY
Thursday, Nov. 7: "The Comet Halley," slides show and talk by Gary Fry of Detroit Astronomical Society, at 7:30 p.m. in Farmington Hills Branch Library, 3237 12 Mile. No charge, but reservations are requested by calling the library, 553-0300.

BAND-O-RAMA
Thursday, Nov. 7: "Band-O-Rama" Harrison High School's orchestra, concert, symphony and marching band in concert at 7:30 p.m. in the school on 12 Mile, west of Middlebelt. Persons who received a tag in return for a donation on Tag Day admitted by presenting their tag. Others are asked \$2 or \$15 for students or \$4 for a family at the door.

ARTS AND CRAFTS FAIR
Friday and Saturday, Nov. 8-9: Arts and Craft Fair sponsored by Prince of Peace Lutheran Church Women's League from 10 a.m. to 6 p.m. Friday and from 10 a.m. to 4 p.m. Saturday. No admission charge. Food available throughout show hours.

SCULPTURE TODAY
Friday, Nov. 8: "Sculpture Today," panel discussion with audience participation sponsored by Birmingham Sculptors Guild, at 8 p.m. in Birmingham Bloomfield Art Association, 1516 Cranbrook. Admission is \$2 or \$1 for students at the door.

BLOW YOUR HORN
Friday through Sunday, Nov. 8-10: "Come Blow Your Horn" produced by Stage 1 Productions, at 8 p.m. Friday and Saturday and at 7 p.m. Sunday in Novi Community Building, 1598 and Novi Road. All seats \$4, at the door. Inquiries taken by Judy Wright, 624-9488.

LAURA
Friday, Saturday and Sunday, Nov.

8-10: "Laura," produced by Farmington Players at 8:30 p.m. Friday and Saturday and at 7:30 p.m. Sunday in the Players Barn, 5233 13 Mile. Ticket information given by calling the box office, 625-5081. Play continues Nov. 14-16.

TAG DAY CONCERT
Friday, Nov. 8: "Tag Day Concert," given to say thank you to all persons who received a tag in return for a donation to high school music students on Tag Day at 8 p.m. in North Farmington High School, 13 Mile east of Farmington Road. Tags serve as admission to the concert.

CHRISTMAS FAIR
Saturday, Nov. 9: Christmas Arts and Crafts Fair from 9 a.m. to 2 p.m. in Redford Lutheran Church, 21159 Grand River, between Lahser and Telegraph Road. No admission charge.

FALL FAIR

Saturday, Nov. 9: "Fall Fair" sponsored by the Women's Fellowship of Salem United Church of Christ, offers Christmas crafts, baked goods, plants and cafe from 9 a.m. to 3 p.m. in the church, 3424 Oakland. No admission charge.

MARY POPPINS
Saturday, Nov. 9: "Mary Poppins," program of Walt Disney songs at 10:30 a.m. and at 1:30 p.m. in Livonia Mall, corner of Seven Mile and Middlebelt. No charge.

RUMMAGE SALE
Saturday, Nov. 9: Rummage sale sponsored by Harrison High School Year Book staff from 8:30 a.m. to 5:30 p.m. in the lobby of the school auditorium, 12 Mile between Orchard Lake and Middlebelt.

BOUQUET
Saturday, Nov. 9: Christmas Bouquet begins with devotional service at 9:30 a.m. followed by sale hours from 10 a.m. to 3 p.m. sponsored by St. Paul Lutheran Church Women's League in the church, corner of Eight Mile and Middlebelt. Light lunches available. No admission charge.

OPERA THEATRE
Sunday, Nov. 10: "From Sondheim to Strauss," concert by four members of Michigan Opera Theatre at 7:30 p.m. in Birmingham Temple, 28811 12 Mile. Tickets at \$8 or \$6 for seniors and students, includes afterglow, available by calling Bob Phillips, 661-5633 or Joan Rose, 543-5912.

DOES GOD EXIST?
Sunday, Nov. 10: "Why I Left Atheism" continues "Does God Exist?" film series at 6 p.m. in Central Church of Christ, 35500 11 Mile. No charge.

LAW ENFORCEMENT
Monday, Nov. 11: "A Lifetime in Law Enforcement: The Controversial Issues," talk by Johannes Spreen, former sheriff of Oakland County, at 7:30 p.m. in Farmington Hills Branch Library, 3237 12 Mile. No charge, but reservations are requested by calling the library, 553-0300.

REFLEXOLOGY
Tuesday, Nov. 12: "Reflexology," one session workshop which teaches acupressure on the feet to stimulate healing within the body, at 7:30 p.m. in Farmington Community Center. Fee of \$10 payable with registration in the center, Farmington Road north of 10 Mile.

AMERICAN ART
Tuesday, Nov. 12: "American Art," talk and slide presentation which depicts the evolution of art during the American Revolution, at 7:30 p.m. in Farmington Hills Branch Library, 3237 12 Mile. No charge, but reservations are requested by calling the library, 553-0300.

CHOCOLATE CANDY
Wednesday, Nov. 13: "Chocolate Candy," one session workshop on how to make candy for the holidays, begins at 9:30 a.m. in Farmington Community Center. Subsequent workshops with instructor Jackie Middlemiss are scheduled for Nov. 27 and Dec. 4. Fee for each session is \$8, payable with registration in the center on Farmington Road north of 10 Mile.

IN YOUR WRITE MIND
Wednesday, Nov. 13: "In Your Write Mind," program led by graphologist Jacqueline Haskin at 7:30 p.m. in Farmington Branch Library, 23500 Liberty Street. No charge but reservations are requested by calling the library, 474-7770.

Women's Aglow delegates leave for international conference

Farmington Women's Aglow is well represented at the 1985 international conference of the fellowship, Margaret Mohr, Toni Olsen, Dolores Grose, and Sally Rousseaux are all in Anaheim, Calif., this week joining delegates from around the world for the four-day meeting of Christian women. Evangelism is the conference theme. Highlights are prayer for revival in all nations and unity among Christians, prayer for healing, testimonies, praise, worship, and fellowship. Guest speakers include Pat Robertson, founder and president of Christian Broadcasting Network and host of "The 700 Club"; David Wilkerson, the "gang preacher" whose Teen Challenge drug rehabilitation is now internationally known; and John Wimber, known in the field of church growth for his teaching on signs and wonders and healing. The international fellowship emphasizes Christian unity, personal wholeness and the charismatic gifts and is headquartered in Edmonds, Wash. The local fellowship is one of 1,750 in the United States. There are about 500 fellowships in 54 other nations.

Rousseaux is president of Farmington Women's Aglow which meets the second Monday of every month in Sweden House, in Farmington Plaza, Grand River west of Orchard Lake Road.

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11-1

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Rheumatology
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THE ROLE OF REST

When asked for his prescription for achieving a long life, the famous physician William Osler replied: "Get a chronic disease and nurse it into old age." The treatment of rheumatoid arthritis, with its emphasis on arthritic rest, illustrates the wisdom of Osler's advice.

Arthritic rest means giving the joints, even those not involved with arthritis, every possible chance to minimize the strain upon them. If you have rheumatoid arthritis, you need to analyze each activity of your day. You look for opportunities to lie down or sit comfortably as often and as long as possible. You use your hands, knees and back efficiently, finding devices such as special handles and large key rings so your finger need not strain to open doors. Often emotional tension expresses itself as strain on joints, arthritic rest means developing a mental discipline toward trying to accept so much, but no more.

Rheumatoid arthritis causes you to consider your body as a precious resource to be used wisely. By doing so you are both treating your joints and following this advice of Dr. Osler.