



3-time winner

Stephanie Karvonen, daughter of Mr. and Mrs. Dennis Karvonen of Farmington Hills who enters East Middle School this fall, took three trophies in baton competition at Michigan State Fair. The 11-year-old took a first-place trophy in the beginner's basic box division, a first-place trophy in the intermediate solo category and a third-place trophy in the intermediate basic box division.

Artists Market special comes to town Oct. 11

A Detroit Artists Market special, "Other Spaces," will take place Oct. 11-Nov. 21, in the new Brookfield Office Park, 31500 Northwestern Highway, Farmington Hills.

The show will include a variety of art works by more than 100 Southeastern Michigan artists which will be for sale. The show will be mounted in a 20,000-square-foot space especially designed by Ford & Earl Associates, in one of the last buildings designed by the architect Minoru Yamasaki.

Erkin Equities, developer of the Brookfield Office Park, is sponsoring the project. Community groups may visit the show and may also arrange an organizational meeting at the exhibition. Arrangements can be made by calling Detroit Artists Market Coordinator Donna Ohno at 863-9568.

The exhibit will be open to the public from 11 a.m. to 4 p.m. Wednesday-Saturday. It will be staffed by a member of the Detroit Artists Market.

32,402 dieters lose 175 tons

Great Scott Supermarkets, which launched the Rotation Diet throughout the metro area in June, report the results after a nine-week period. A total of 32,402 people who registered for the diet have collectively lost what is estimated to be in excess of 350,000 pounds, or 175 tons.

The nine-week program developed by Martin Katalin, a professor of psychology and director of Weight Management Program in Vanderbilt University in Nashville, Tenn., provides information that helps lose weight and develop a healthful lifestyle through improved eating habits and exercise.

The program launched here is called "Detroit — You're Going On a Diet." It was patterned after a well-publicized "Melt-A-Million" campaign in Nashville, where about 75,000 people lost 1 million pounds in a 12-week period.

The diet alternates low-, medium- and high-calorie days over a three-week period. It avoids weighing food portions, includes a strong emphasis to exercise the equivalent of 45 minutes a day, allows unlimited amounts of "free" vegetables and up to three servings a day of "safe" fruit to act as a pick-me-up or hunger stopper. Then it gives the dieters a vacation with a special maintenance diet after the third week.

"With 90 percent of Americans believing they need to lose at least five pounds, and another 20 percent actually overweight, Great Scott Supermarkets were happy to provide a nutritionally balanced program to make metro Detroit slim and healthy," said Paul Coleman, communications director of Great Scott.

The group's meetings are open to all interested people. There is no admission charge for the auction.

Help for the new mother from La Leche League

Continued from Page 1

an's body will soon get the message to produce less milk during the workday hours.

During a woman's pregnancy is the time to begin thinking about fitting breastfeeding into a work schedule, Klawitter said. It's a good idea to see if a restroom or other area is available for using a breast pump. Storage of breast milk is possible if there's a refrigerator at work; insulated bags can also be used for storage.

Women who are at work during the day can leave breast milk behind to be used for feedings in their absence. Breast milk can be refrigerated for up to 48 hours or frozen; formula can also be used to supplement feelings of breast milk, Klawitter said.

SOME BUSINESSES do have on-site child care, which can go a long way in making a nursing mother's job much easier. Household help, flexible work hours or an extended maternity leave can also help the new mother adjust, the St. Joseph Mercy Hospital nurse said.

Whether new mothers return to the workplace or stay home all day, fatigue is a common complaint.

"I can't say enough about the importance of good rest," Klawitter said. Although it's difficult for a new mother to get much sleep during the early months, short naps — or just getting off her feet for a while and relaxing — will help.

Good nutrition is also important

for the mother who is breastfeeding, she said. It may be tempting to skip meals, but in the long run breastfeeding will be easier if the woman eats nutritious meals on a regular basis.

Women need to check with their doctors to see if any medications should be avoided while breastfeeding. Cigarette smoking should be avoided, as should heavy consumption of alcoholic beverages or those containing caffeine.

New mothers are often concerned about being discreet while they are breastfeeding, Klawitter said.

SOME CLOTHING styles are better than others in allowing nursing mothers to be discreet. Two-piece outfits are more practical than one-piece ones; a shawl or receiving blanket can also be used as a cover. Having a mother breastfeed can be difficult for older children in the family who may feel neglected. The time can be used to read or tell a

story to an older child, Klawitter said.

The parents' attitude is the key in helping older children feel like they're a part of things, she said. "Eventually, the child will pick up on that as well."

The arrival of a newborn and the demands of breastfeeding can also put strains on a marriage. Although a woman's libido is not affected by breastfeeding, the fatigue and soreness that follow childbirth can have such an impact.

New fathers may feel left out. It's important for couples to spend time together and to communicate in non-sexual ways, she said.

"It's hard to keep that communication open, but it's important to be sensitive to each other."

Weaning a youngster can be done at any age, generally from 3 weeks on up to 3 years, she said. It's important to consider the child's stage of development at the time of weaning; some may be able to start drink-

ing from a cup immediately, while others will need to drink from a bottle.

IT'S BETTER for both the mother and the child if weaning is done gradually, said Klawitter.

Mothers may also feel sadness when they stop breastfeeding, she said. Such feelings aren't really anything to be worried about.

"That's a natural part of life."

The Catherine McAuley Health Center class will be repeated at 7:30 p.m. Tuesday, Oct. 14. The class will be held in the community room of the Arbor Health Building, 990 W. Ann Arbor Trail in Plymouth. It will last approximately 1½ hours.

Price of the class is \$10 per family. Family members and friends may attend at no additional charge.

The class is offered by the Department of Maternal Child Health and the Office of CT Health Promotion. For additional information, call 455-5889.

O&E Classifieds work! O&E Classifieds work! O&E Classifieds work! O

Donate Blood.

WALKER
WALKER
WALKER

FABULOUS FALL '86



This year leather is better than ever.

Ostrich, Crocodile, Frog Skin, Water Buffalo, Lizard, Snake Skin, Eel, Baby Calf and Chicken Feet Skin.

Unique Leather

29555 Northwestern Hwy.
Southfield • 352-5616

Mon.-Sat. 10 a.m.-6 p.m.
Thurs. 10 a.m.-8 p.m.

studio four
VIDEO PRODUCTIONS

- Weddings • Bar-Mitzvahs
- Sweet Sixteen Parties • Anniversaries
- All Occasions, PROFESSIONALLY VIDEO-TAPED ON MASTER QUALITY TAPE!

Kenneth R. Pritz, Director

(313) 669-4120

PLYMOUTH NURSERY AND GARDEN CENTER

Fall Festival of Values.

Full Selection of Holland Bulbs

- Plant Now for Spring Color
- TULIPS
- CROCUS
- DAFFODILS

Special 10 Mixed Crocus 99¢

Wonder Gro Autumn Fertilizer 1000 Winterizer Reg. \$8.95 Now \$6.95 5,000 Sq. Ft.

Coupon Dutch 7-8-5 BULB FOOD 2# Bag Reg. \$2.49 White 150 Last SPECIAL 99¢

FALL IS FOR PLANTING!

GARDEN "Home Grown MUMS" 32 Varieties including Button • Daisy • Spider (FUJI) FROM \$1.49

ORNAMENTAL SALE 50% OFF Reg. \$6.95 to \$29.95 Container Grown ARBORVITAE GLOBE & PYRAMIDAL Good for Hedges & Screens

PYRACANTHA "Fire Thorn" Abundance of Orange-Red Berries

House Plants 50% OFF

PLYMOUTH NURSERY AND GARDEN CENTER

9900 ANN ARBOR ROAD
7 Miles West of I-275

Accent Your New Fall Wardrobe with **BEADS!**

Design your own... we'll show you how

OPEN Tues.-Sat. 10 a.m.-5 p.m.
32751 Franklin Rd.
Franklin, MI 855-5230

BEAD WORKS, inc.

THE MOSS SCHOOLS

"A Community of Children"

(Formerly Bloomfield Nursery School)

Come, visit us and receive a FREE T-Shirt!

Nursery School, ages 2½-5 yrs. • Elementary School, K-6

Hot Lunches and Transportation available

Open 7 a.m. 'til 6 p.m.

4230 MIDDLEBELT ROAD

West Bloomfield • ¼ mile south of Long Lake Road • 851-4666

THE STITCHING POST

FOR YOUR KNITTING CONVENIENCE

NOW OPEN THURSDAYS UNTIL 8:00

32722 Franklin 626-3090
Franklin Mon.-Fri. 10-4:30; Sat. 10-4

gilk forest

357-2030
22215 Northwestern Hwy.
Franklin Shopping Plaza

COME SEE OUR NEW COLLECTION OF RAKU VASES — EACH A SIGNED ORIGINAL

Silk Plants • Silk Flowers • Silk Trees

No watering necessary! ALWAYS 20% OFF

REPEAT PERFORMANCE

ANNIVERSARY CELEBRATION

FRIDAY • SATURDAY • SUNDAY • SEPTEMBER 19 - 21st

Balloons — Popcorn — Mystery Guests

Delicious Designer Delights — Delectably Discounted!

Cherokee • Boomers • Tickle Me • and More!

Plus — The World's Largest Sensational Selection of SOX

28843 ORCHARD LAKE ROAD — FARMINGTON HILLS — 553-2022

Hours: Mon. - Sat. 10:5-30, Sun. 1-4 (Resale shoppers? We still have the best!)