(F)5C



Cousins take awards

Courtney Kling (at left) was crowned "Miss Toen" in Mich-igan Modeling Agency's "Galaxy of Stars" competition and also took first-place honors in the bathing-suit cate-gory, During the same competition her cousin Nicole The-odore won the top award for an improvised jazz routine she choreographed herself. Courtnay is the 11-year-old daughter of Mr. and Mrs. Edward Kling and Nichole is the 12-year-old daughter of Mr. and Mrs. Chirls Theodore, Both are students at O.E. Dunckel Middle School.

Yogaday coming up

Yogaday, sponsored for the fourth year by the Voga Association of Greath Detroit, is set to run from 9 am. to 5 pm. Saturday, Nov. 1, in North Congregational Church, 26278 Northwestern Highway, Southleled. Participants, novice or advanced students, are offered a cholece of 40 classes that will be led by yoga cachers who are members of the sponsoring association. In addition to traditional yoga sessions, workshops, films and lectures, Yogaday offers sessions on yoga-related subjects, such as nutrition, massage, meditation, breathing and relaxation techniques. The day is offered to the beginner to get a sample of what yoga isabout, and for the continuing student to try something different. Hatha yoga clause need given in many locations throughout the tri-

county area. The classes include body, movement, postures and breathing exercises to promote physical and mental well-being and to be used as a stress reducer. Exercises are done calmiy, without strain so that people of all ages and body types may participate.

Yogaday participants are asked to dress for exercise, wear loose clothes, bring a mat or rug to lie on and a sweater or light blanket for warmth.

Fee for Yogaday varies for those who wish to attend the morning session only or the full day's program. In all instances pre-registration is required. required.

A brochure and registration blank will be sent on request by calling the Yoga Association of Greater Detroit's hotline, 557-0047.

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Arthritic youth invited to class

The problems of living with arthritis are challenging at any age, but this condition can be especially tough for children are considered. As many as 250,000 American children have some form of arthritis. This figure alone should dispel the stereotyped notion that arthritis is a disease of old age.

The parents of a child with arthritis soon becomes the primary care-giver and, as such, needs to be equipped with knowledge and understanding of arthritis and how to manage it.

The Arthritis Foundation is offer-ing, for the first time, an arthritis

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Bowl-a-thon planned to

The Central Regional Office of St.
Jude Children's Research Hospital
announced that Country Lanes in
Farmington will be conducting a
Bowl-A-Thon during the week of Oct.
When has been a patient for the

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self help course directed toward par-ents and older teenagers. The six week class provides education about week class provides education about arthritis, treatments, exercise, re-laxation, medication and joint pro-tection. The course encourages group participation and mutual sup-port between participants.

The class will be given at the

Arthritis Foundation, 23999
Northwestern Highway, Southflaw,
It begins at 7 p.m. Tuesday, Oct. 28.
The fee for the course is \$20 which
covers the cost of textbooks and
printed materials. Scholarships are
available. For further information,
call the foundation at 250-3038.

Public hearing set for Senior Day Chlef Justice of the Michigan Supreme Court G. Mennen Williams will deliver the keynote address on Tuesday Oct. 28, the fourth annual Oakland County Senior Power Day. Williams will be joined by U.S. Sen. Donald Riegle Jr. at the pro-

Chief Justice of the Michigan Su-preme Court G. Mennen Williams will deliver the keynote address on Tuesday Oct. 28, the fourth annual Oakland County Senior Power Day. Williams will be joined by U.S. Sen. Donald Riegle Jr. at the pro-

conducted before lunch. Reservations for lunch can be made at senior
centers or organizations or by calling 858-5163.

After lunch a resource fair will
feature public and private organiza-

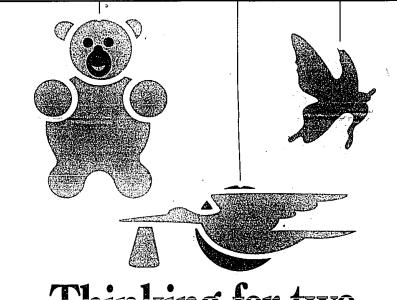
benefit hospital

past eight years at St. Jude Children's Research Hospital. Terry, of Mount Carmet, Ill., is an 11-year-old grir who, in March of 1978, developed acute lymphocytle leukemia,



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Thinking for two.

Parents-to-be are more assertive today about Parents-to-be are more assertive today about their hospital choices. They want to be certain about the quality of the hospital experience for both mother and child. The medical aspects are most critical, but comfort, friendliness, family involvement, and privacy are also important. So families check things out for themselves. It's not just the doctor's choice anymore. That's why hospitals are talking about their differences. And the differences at Grace are significant. Grace is a teaching hospital. And that means patients receive more attention from more professionals.

And that means patients receive tion from more professionals. It also means that patients see improved procedures introduced sooner.

Grace is a leader in the prenatal, neonatal and high risk pregnancy specialties, but normal deliveries get lots of cascial attention tee.

special attention, too

A wonderful private birthing suite for families seeking an alternative to the more traditional delivery room program is available at Grace. Private rooms are also available, and at Grace, mother and infant are cared for together under a long established maternal bonding program.

Families are encouraged to tour the Grace maternity section before making a hospital decision. And parents-to-be can use the Grace physicians referral program to find a conveniently located Grace affiliated physician.

Thinking for two means planning ahead. We think Grace should be a future mother's first thought.

A member of The Detroit Medical Center.

Affiliated with the School of Medicine, Wayne State University. (313) 966-3100.

