

2 freeway tabs: \$28.9 million

Two major freeway projects in Oakland County — 1-696 and I-75 — are expected to cost a total of \$28.9 million, the Michigan Department of Transportation said.

Walter Toebe Construction Co. of Wixom was apparent low bidder on construction of the final leg of the I-696 freeway through southern Oakland County.

Toebe was lowest of five bidders at a bit more than \$11.5 million. The project is 0.7 mile from near Southfield Road to Meadowood in Lathrup Village and is scheduled for completion in 1989.

That's when the long-delayed eight-mile link from Novi to Royal

Oak is slated to be opened. Champagne-Wobler Inc. of Fraser was apparent low bidder on a job to widen nearly seven miles of I-75 freeway from two lanes to four in Bloomfield Township and Auburn Hills.

It bid \$17.4 million for the widening, construction of six bridges, new concrete shoulders, median barrier walls, lighting and signing along 6.8 miles from South Boulevard to Joslyn Road. Scheduled completion date is this November.

All contracts must be approved by both the state Transportation Commission and state Administrative Board before they can be awarded.

OU lists new continuum classes

Two education and exercise programs designed "Just for Women" will be held at Oakland University's Meadow Brook Health Enhancement Institute starting Jan. 26.

An afternoon program is held each Tuesday and Thursday between 1 and 3 p.m. An evening program is held on the same days from 6 to 8 p.m. Rebecca O'Connor of the MBHEI says the evening session has been added for the first time to accommodate more working women.

"Just for Women" provides one hour of education and one hour of exercise. The program includes a health risk evaluation.

"Just for Women" will run for eight weeks at the MBHEI in the Shotwell-Gustafson Pavilion. Cost is \$175 per person, including the individual health evaluation. For information, call OU at 370-3198.

and trainers, it is open to the public. Register by calling the Continuum Center at 370-3033. Fee is \$45.

THE CONTINUUM Center will offer a series of three professional development programs especially for counselors and trainers beginning with "How to Organize and Manage a Group" — Tuesday, Feb. 9.

The other two programs in the series are: "How to Design a Workshop" on Tuesday, March 8, and "How to Make a Winning Presentation" on Tuesday, March 15. All programs will run 7-10 p.m. and will be held in the Oakland Center on campus near Rochester.

Participants may register for individual programs at \$30 each or choose all three for \$80. Call the Continuum Center at 370-3033 for details.

JANE GOODMAN, associate director of the Continuum Center, will present a three-hour seminar on the Personal Profile System — Thursday, Feb. 4, 9 a.m. to noon, in Gold Room C of OU's Oakland Center.

"The Personal Profile System," explains Goodman, "helps people identify their behavioral style and pinpoints what they can do to minimize or avoid interpersonal problems. It's a valuable tool for use in career and life planning."

Three "national certified counselor" credits will be awarded to certified counselors for this program. Although the seminar is geared for professional counselors

"FACING OUR Future" is a three-session seminar for women in mid-life being offered by the OU Continuum Center on Wednesday afternoons, Feb. 10, 17 and 24, 1-3 p.m. in Birmingham Unitarian Church, North Woodward Avenue at Lone Pine Road, Bloomfield Hills.

Mary Lou Stone, coordinator of the Continuum Center's older adult project, will lead the program. "We will focus on the areas of health, finances and how to cope with changes," she said.

Fee is \$40. To register, call the Continuum Center at 370-3033.

Birth class open Feb. 25

The Oakland County Health Division will offer a series of six expectant parent classes beginning on Thursday, Feb. 25, in the north office at 1200 N. Pontiac, Pontiac.

Evening classes from 7 to 9 will be taught by public health nurses. There is no charge, but people are being asked to preregister because

enrollment is limited. To register, call 424-7042.

Topics will include maternal physical changes, good nutrition, growth and development of the fetus and the baby, labor and delivery, infant care and parenting.

The Health Division advises parents to enroll as early in the pregnancy as possible.

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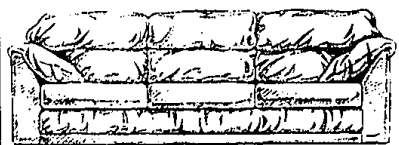
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