

around Oakland

Parenting classes set

Catholic Social Services of Oakland County will offer parenting classes beginning this week in Royal Oak.

Classes will be from 7-8:30 p.m. on six consecutive Thursdays beginning Jan. 4, at the agency's office at 1424 E. 11 Mile Road.

Topics to be discussed include building self-esteem, effective communication, effective discipline, problem solving and sibling rivalry. The fee for all six classes is \$25. Registration and payment in advance is requested, but walk-ins are welcome when space is available. Additional information is available at 548-4044.

Mobile clinic to help blind

Classes designed to help the blind have more mobility and independence will be available all this week in Pontiac at the Mobile Clinic, oper-

ated by the Michigan Commission for the Blind and Western Michigan University.

Training is available in typing and braille, as well as daily living skills such as mobility and coping. Persons in Wayne, Macomb, Oakland, Genesee, Shiawassee, Lapeer and Livingston counties are eligible for free training at the Mobile Clinic.

Classes will begin at 9 a.m. every day this week at the Mobile Clinic which will be parked at the Eastern Seal Society for Crippled Children and Adults of Oakland County, 1105 N. Telegraph Road.

Additional information is available at the Flint office of the Michigan Commission for the Blind, Flint State Office Building, 125 E. Union Street, Flint, 48502, (313) 768-2030, or at the commission's central office, P.O. Box 30015, Lansing, 48909, (517) 373-2062 or 1-800-292-4200.

4 residents on arts panel

(AP) Four area residents are among seven people recently ap-

pointed to the Michigan Council for the Arts by Gov. James Blanchard.

One reappointment is his ex-wife, Paula Blanchard of Birmingham, associate vice president of Casey Communications Management Inc.

New appointments are Ortelia Barnes of Detroit, vice president of O&B Promotions Inc. and a musical entertainer, to succeed the late Ite Charles Nickle; and Kilich Hill of Rochester Hills, Meadowbrook Art Gallery curator, to succeed Kathryn A. Martin, whose term has expired.

Both will serve terms expiring June 1, 1992. Area residents reappointed with Blanchard are: arts council chairman Leon Cohen of Bloomfield Hills, senior vice president and general counsel for the Detroit Edison Co.; council vice chairwoman Madeleine Harris Berman of Franklin, a member of the boards of directors for the Detroit Symphony Orchestra Hall and Archives of American Arts.

Other reappointments are: Beverly York Suits of East Lansing, owner of Suits Investment Co., and Willard Hertz of Flint, vice president of Charles Stewart Mott Foundation. Blanchard, Cohen and Hertz will serve terms expiring June 1, 1993, and Berman and Suits will serve terms expiring June 1, 1992.

Area students nominated for 3 service academies

A number of area students have been nominated for appointments to military service academies by either Congressman William S. Broomfield, R-Birmingham, or U.S. Sen. Don Reigle.

They will compete for 1990 appointments to the United States Air Force, Military and Naval academies.

All nominees are selected on a competitive basis as a result of SAT/ACT scores, scholastic record, extra curricular activities, leadership potential and the recommendations of high school counselors.

Final appointments to the academies will be made by selection boards at each academy. All appointments will be announced by May 1. Reigle's nominations, which span the state of Michigan, include Farmington resident Mark Sebastian Mitchell as an nominee to the Air Force Academy; Paul William Judge of Rochester Hills and Leah Garrett Nelson of West Bloomfield as nominees to the Naval Academy.

Bloomfield's nominees, all from his 18th Congressional District, include:

Neil McNabney of Farmington Hills, Marvin Ee of West Bloomfield, Mark S. Mitchell of Farmington, Rebecca Preston and Alex Ramos of Troy, Matthew Ridsdale of Rochester Hills, Christopher Kornmesser of Birmingham and Gordon Limb of Union Lake.

NAVAL: Bernard Buiting of Bloomfield Hills, Ricardo Cuenca of Auburn Hills, Alex Gonzalez of West

Bloomfield, Paul Judge of Rochester Hills, Paul Levine of Farmington Hills and Ian MacDiarmid of Union Lake.

WEST POINT: Bryant Van Stone Rogers and Kurt Rillema of Birmingham, Adrian Perica of Rochester Hills, Leah Nelson of West Bloomfield, Stanley Buechsky and Eric Brukwinski of Troy and J.C. Eric Crawford III of Farmington.

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MICHIGAN DEPARTMENT OF TRANSPORTATION OPEN HOUSE MEETING PROPOSED NOISE ABATEMENT ALONG I-696 IN THE VICINITY OF FARMINGTON HILLS, OAKLAND COUNTY, MICHIGAN

The Michigan Department of Transportation (MDOT) is calling an Open House meeting from 3:30 to 5:00 p.m., and 7:00 to 8:30 p.m., on Wednesday, January 24, 1990, at the Farmington Hills City Hall Council Chambers, 31555 Eleven Mile Road, Farmington Hills.

The purpose of this Open House is to discuss the proposed noise abatement along I-696 in the vicinity of Farmington Hills in Oakland County, Michigan. This Open House allows the public to review and provide input on the preliminary design plans, location and materials for the proposed noise abatements.

There are three proposed noise barriers along I-696 scheduled for construction. These are located near Halsted Road, in the northwest quadrant of the Orchard Road interchange and west of Inkster Road. Two other sites on the north of I-696 at Tyler Road are also eligible for noise abatement. The construction of these two will be delayed for five years until after the study of the possible Tyler Road interchange is completed.

Because a formal presentation will not be given at this Open House, please feel free to stop in any time between 3:30 to 5:00 p.m., and 7:00 to 8:30 p.m.

For additional information on this project, please call, Philip J. Chisholm, Public Hearings Officer, at (517) 373-9534.

Published January 1, 1990

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Accidental Discovery May End Obesity

Suppresses calorie absorption
JEDEN—Medical researcher at the University of Kuopio, in Finland, have discovered (accidentally) a new weight-loss formula. The discovery appears to enable an overweight individual to lose pounds and fatty tissue without conventional dieting or exercise.

Scientists made the discovery while searching for a formula to lower cholesterol. In a controlled study of a test group of people, cholesterol levels remained unchanged but the doctors were astounded to find that every patient who used the formula lost weight. The published report of this study stated, "A highly significant decrease in body weight was seen" in patients who received the formula.

The formula was then tested at another prestigious European university hospital. Again, all patients lost weight even though they did not change their eating habits. The report detailing this study, published in the British Journal of Nutrition, stated: "Body weight was significantly reduced even though the patients were specifically asked not to alter their dietary habits." One patient in this study lost more than 30 pounds.

According to one informed source, the active ingredient comes from a 100% natural botanical source and contains no drugs or stimulants. When taken before meals it bonds with the food you eat and "licks up" calories, especially those from fats, suppressing their absorption.

A significant portion of the calories ingested therefore pass through the digestive system unabsorbed. The body has to get energy to replace the lost calories, so it starts to burn stored fat, which can result in rapid body weight loss. Clinical testing has verified the safety of this formula for long-term use.

The formula is marketed in capsule form in the United States under the trade name Cal-Ban 3000. A firm located in Tampa, Florida, has exclusive North American distribution rights. A review of the customer files of this company revealed the names of hundreds of people who have lost as much as 20, 40 or 80 or more pounds over the past few years. This appears to be a golden opportunity for people who are plagued by fat and cellulite that they can't seem to lose by conventional methods.

Cal-Ban 3000 is reasonably priced at \$19.95 for a 3-week supply and \$38.95 for a 6-week supply. Postage and handling is \$3. A 90-day money-back guarantee is offered. AMEX and COD orders are accepted. To order call TOLL-FREE 1-800-375-3723 or purchase locally at: Ar. Ex. Prescription, Ltd., P3 N. Huggerty, Canton Twp, MI, Devon Drive, 4301 Telegraph Rd., Bloomfield Hills, MI or Northland Med. Bldg., Pharmacy, 29005 Greenfield Rd., Southfield, MI.

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• FARMINGTON HILLS: 373-2111 (Farmington Hills location)	553-9550
• GRAND RAPIDS: 203-2111 (Grand Rapids location)	616-452-1199
• EAST LANSING: 246-1111 (East Lansing location)	517-373-9696

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