

# No cameras will roll at writer's exercise class

There is another reason for you to come to your new television studio. Lights, music, action... the theme is "Whichever Way the Wind Blows" - for your personalized exercise classes.

I promise no cameras. I promise a great exercise workout every Monday and Thursday from 5-6 p.m. This begins Sept. 5 with myself, Lark Samouellan, as your instructor. We are not charging anything for this class, but we are asking for your commitment to come each time.

It is exciting to be in a television studio, and it is also exciting to exercise in an atmosphere that will bring you better health, trim and tone, and motivate you at the same time. I have always found with my exercise that Mondays I am anxious to work out after a fun weekend, and Thursdays I need the motivation to dive into the weekend and keep myself in control until the next week.

We are going to exercise in the studio to a trim and tone regimen that is designed with calisthenics that will instantly improve your posture, and within a couple of weeks, make inches of difference in your measurements. Down the road - maybe January when we are trim and in tone, myself included - we can talk about putting on an exercise show on television, but I promise not until we are all in shape.

Registration is limited to 25 in a



## cable connection

### Lark Samouellan

executive director,  
Southwestern Oakland Cable Commission

class. Therefore, contact the SWOCC office to register for your personalized exercise class titled - "Whichever Way the Wind Blows."

#### ACCESS PROGRAM SCHEDULE

Monday, Sept. 2

- No programming today.

Tuesday, Sept. 3

- 10 a.m. - Senior Adult exercise
- 11 a.m. - Novi candidates forum
- Noon - Drawing men to Christ
- 1 p.m. - Women on the Move: J.A.R.C. art class
- 2 p.m. - Family Health Series: computers in medicine
- 2:30 p.m. - Home Computer Network: installing windows
- 3 p.m. - Tri-City Update
- 4 p.m. - Community Uplink: an end to silence
- 4:30 p.m. - Abundant life: arabic ministries

- 5 p.m. - Shores of Your Mind: psychic
- 6 p.m. - Senior Messenger
- 7 p.m. - Senior on the Move: Nat Starr
- 7:30 p.m. - Novi Candidates Forum
- 8:30 p.m. - '50s Festival Jr. lip sync contest.

Wednesday, Sept. 4

- 10 a.m. - '50s Festival Jr. lip sync contest
- 11:30 a.m. - Jewish television magazine
- Noon - Trumpet of Praise: what to do when trouble comes our way
- 1 p.m. - St. Andrews Festival
- 2 p.m. - Farmington Focus
- 2:30 p.m. - Serendipity: fall/ apples
- 3 p.m. - Crisis in the Modern Family: surviving the Holocaust
- 4 p.m. - Cosmic Connection: hypnosis
- 5 p.m. - Fall Fair '91
- 5:30 p.m. - A Forgotten People

- plc: Chief Joseph Norton
- 6 p.m. - Tri-City Update
- 7 p.m. - Home Computer Network: installing windows
- 7:30 p.m. - Farmington Hills Police Journal
- 8 p.m. - My Vote Counts
- 8:30 p.m. - P.S. Let's Talk About It: dog trainer
- 9 p.m. - Groove Session
- 9:30 p.m. - Travels with Kay: Italy and Sicily.

Thursday, Sept. 5

- 10 a.m. - Senior Adult Exercise
- 11 a.m. - Seniors on the Move: Nat Starr
- 11:30 a.m. - Amvets
- Noon - Horizons
- 12:30 p.m. - Prescription for your health: nutritionist
- 1 p.m. - Never Too Old
- 1:30 p.m. - Viewpoint
- 2 p.m. - My Vote Counts
- 2:30 p.m. - Chiropractic: internal power: Lesson 10
- 3 p.m. - Senior Messenger
- 4 p.m. - Shaarey Zedek: where are you?
- 5 p.m. - Senior Adult current events
- 6 p.m. - Novi Chamber of Commerce: our town
- 6:30 p.m. - Horizons
- 7 p.m. - Jr. Japanese: Lesson 18
- 7:30 p.m. - Viewpoint

- 8 p.m. - Farmington Focus
- 8:30 p.m. - Crisis in the Modern Family: surviving the Holocaust
- 9:30 p.m. - Lansing Connection

Friday, Aug. 30

Request your favorite community access program to be cablecast 5-9 p.m. Friday. Call MetroVision, 553-7303.

**FRANZEN BROS. CIRCUS**  
Under the Big Top  
Your kids will love you for it!  
TICKET PRICES  
IN ADVANCE AT THE DOOR  
\$5 \$10 \$15 \$20 \$25 \$30 \$35 \$40 \$45 \$50 \$55 \$60 \$65 \$70 \$75 \$80 \$85 \$90 \$95 \$100

## FRANZEN BROS. CIRCUS

All Under the Big Top with Elephants, Lions, Tigers, Horses, Camels, and Much, Much More!

FRIDAY, SEPTEMBER 6  
5:30 & 8:00 PM

NOVI TOWN CENTER  
South of I-96 on Novi Rd.

Great family Entertainment sponsored by the Novi Jaycees

Featuring 8 performing Lions & Tigers!!! Tons of Educated Elephants!! Clowns!!

Advance tickets Available at: Kids Club in Novi Town Center, Novi Parks & Recreation, Novi Civic Center, or call the Novi Jaycees at 348-NOVI.

**Another reason to get Invisible Fencing.**  
Every 1/2 mile and more dog owners are getting Invisible Fencing. It's the most effective way to keep your dog on your property. Call today with your every dog's response to get Invisible Fencing for you and your dog. Every day.

**Invisible Fencing 996-DOGS**  
100 Huron View, Ann Arbor • 1-800-484-1000 Ext. 4250

**\$995.00**  
Installed  
Up to  
One Acre  
Coupon Expires 9-30-91

**WE PAY CASH**  
for Quality, Like-New Children's & Maternity Fashions

**CONSIGNMENT CLOTHIERS**

♥ **GUARANTEED**  
Highest Prices Paid  
(No competitor will beat our prices)  
♥ No Appointment Necessary!  
♥ Items must be cleaned, 2 yrs. or newer & pressed  
♥ Either bring them to us or call today for FREE Housecall Pickup

**347-4570**  
HIGHLAND LAKES SHOPPING CENTER  
43041 W. 7 MILE  
(2 miles W. of I-275)

**HOURS**  
MON-SAT 10-6  
FRI till 7pm  
SUN 11-4pm

**HANDS-ON SCIENCE**

**Janice VanCleave's PHYSICS for Every Kid**  
All Easy Experiments in Home, School, and Outdoors

**Janice VanCleave's ASTRONOMY for Every Kid**  
All Easy Experiments that Show How the Universe Works

The science activities books you've come to love. For ages 8 to 12. Physics for Every Kid/Astronomy for Every Kid By Janice VanCleave • John Wiley paper \$10.95

**BORDERS BOOK SHOP • 347-0780**



To...BUY,SELL, FIND  
PLUG INTO O & E CLASSIFIEDS

**If Ever A Desk Would Inspire Writing...**

...One of these elegant Hekman desks may be just the right piece for you. Now, at reduced prices, here is your chance to own and elegant Hekman desk in your favorite style! Shown here are just a few of the many styles and finishes available. Stop in today & make your selection. On sale for a limited time.

**SPECIAL 40% OFF SALE!**

**Walker/Buzenberg fine furniture**

240 NORTH MAIN STREET • PLYMOUTH • 459-1300  
Mon., Thurs., Fri. 10-9 • Tues., Wed., Sat. 10-6  
Sale ends 9-11-91

**FEDERAL FIREPLACE**

**LABOR DAY SALE**  
4 Days Only!

**FIREPLACE BARBECUE**

**SAVE 30%**  
AMERICA'S LARGEST SELECTION OF FIREPLACE GAS LOGS  
Convenient, safe, economical • Only 25¢ average cost per hour to operate • Top quality American made Robertshaw & I.T.T. automatic safety valves • Beautifully crafted logs • Realistic Golden Oak Glowing Embers

**\$239.97**  
Ref. 340-00 • WD-34 • WAIT-TO SAFETY PILOT • FITS MOST FIREPLACE OPENINGS

**GAS LOG PRICES START FROM \$119.97**  
INSTALLATION AVAILABLE • 12 LIVE SETS ON DISPLAY

**COLONIAL**  
ENGLISH  
FRENCH

**TRADITIONAL**  
OVER 60 STYLES TO CHOOSE FROM  
MANTLE SHELVES & MILE SURROUNDS FROM \$99.97  
OAK, Cherry, Poplar & More • ALLOW FOR ORDER TIME  
INSTALLATION AND MEASUREMENT AVAILABLE

**Deluxe fireplace glass doors**  
Includes mesh screen and easy mount brackets. Antique or Polished brass finishes. Sizes to fit most open gas #6300

**BAY WINDOW**  
Fireplace glass door. Full-view glass in Polished and Antique Brass finishes. One size fits most openings. Fits widths 28" to 42" 3/4". Heights 21-1/8" to 31"

**\$99.97**  
Includes mesh screen

**\$179.97**  
Ref. 259-99

**DELUXE PRO-CHEF® BBQs**  
45,000 BTU, cast brass, 15 yr. mfr. warranty burner Porcelainized cast iron cooking grids 644 sq. in. cooking area Cast iron flame tamer grates Steel side shelves Temperature gauge NO COALS NEEDED

**\$369.97**  
IN-GROUND NATURAL GAS BARBECUE  
Ref. 478-99 • #5255  
INSTALLATION AVAILABLE

**Char-Broil DELUXE LP BBQ**  
680 sq. in. cooking area, porcelainized cooking surface, 46,000 BTU dual burner, fuel indicator, heat indicator. #8042  
Ref. 259-99

**\$199.97**  
LP tank \$10.00 with purchase of this BBQ

**22-1/2" CHARCOAL KETTLE**  
Your Choice... PRO-CHEF • #595 • Ref. 85-99  
**\$39.97**  
One touch venting & cleaning. Black porcelain finish. #21001 • Ref. 99-97  
**\$69.97** Weber

**UNIVERSAL BBQ PARTS FROM MHP**  
THOUSANDS OF PARTS IN STOCK  
**SAVE 20%**  
BRING IN PART OR MODEL NUMBER OF GRILL

**LP GAS**  
20 lb. tank kit  
**\$7.50**  
OPEN LABOR DAY 10am-4pm!

**SALE ENDS MON., SEPT. 2, 1991 AT 4PM • HOURS LABOR DAY 10-4 • TUES-FRI 10AM-9PM • SAT 10AM-8PM • SUN 10AM-5PM**  
IN NOV! In Pine Ridge Center • Nov. 1st at 10 Mile Rd. 1-3/4 miles south of 12 Oaks Mall  
348-9300  
SOME ITEMS NOT EXACTLY AS PICTURED

**Federal Fireplace**  
DESIGNER & FACTORY OUTLET  
PHOTO SALES EXCLUDED