

## recreation news

**Each week, the Recreation Division of the Farmington Hills Department of Special Services presents a synopsis of upcoming activities in this column.**

**For further information regarding programs, please call the recreation office at 473-8570. Registration is required for most activities.**

**For matters regarding city council agenda items, call the City's Newsletter at 476-3838.**

### ● MEN'S BASKETBALL

An informal meeting will be held on Nov. 6 at 7 p.m. at the Visitor Center in Heritage Park. The meeting will address league structure, registration dates, fees and other pertinent information. Heritage Park is located on Farmington Road south of 11 Mile.

### ● YOUTH BASKETBALL REGISTRATION

Registration is being accepted for boys in grades 4-8 and girls in grades 4-6 at the Recreation Office. Teams are formed by geographic location and grade level. Instructional clinics will be held in December with an eight-game schedule beginning in January. Registration deadline is Nov. 22. Fee is \$20.

### ● THANKSGIVING DAY PARADE

On Thursday, Nov. 28, for all those who love a parade, regardless of age, a bus will be leaving at 8 a.m. to downtown Detroit to view the Thanksgiving Day Parade. You will return at 12:30 p.m. Pre-registration is required at the Recreation Office. Fee is \$4 per person. Children 12 and under must be accompanied by an adult.

### ● WINTER SPORTS EQUIPMENT SALE

On Saturday, Dec. 7, from 9 a.m. to 1 p.m. at East Middle School, 25000 Middlebelt, you will have the opportunity to purchase or sell used winter equipment. Items include skates, downhill and cross-country skis and boots, clothing, sleds and more. Equipment commitment for registering items to be sold will be \$30-\$35 p.m. Friday, Dec. 6.

### ● HANDICRAFT FESTIVAL

A Holiday Handicraft Festival sponsored by the Farmington Hills Senior Adult Program from 10:30 a.m. to 2:30 p.m. Friday, Nov. 15 at the Senior Adult Center, 28600 11 Mile, Gate 4. Enter through the back. Rental space for senior crafts is available at \$3 per space. Call 473-1854 for information.

### ● NEW YORK, NEW YORK

New York's offerings are unlimited. Shop till you drop, visit the museums, point of interest or a combination of the three on this one-day jet-setting trip to the Big Apple. Day includes round-trip air transportation and transfers from Farmington Hills. The trip will leave early Thursday, Dec. 5. Fee is \$155 per person and reservation deadline is Nov. 8.

### ● DOWNHILL SKIING

Students in grades 4-12 can enjoy a night of skiing at Mount Brighton on Friday evenings. Buses leave designated sites throughout the city at 4:30 p.m. and return approximately 10 p.m. There are three sessions and one one-week session scheduled. The first session is scheduled for Jan. 10 and 17. Fee is \$32 per two-week session and does not include \$8 rental fee. Pre-registration is required and some of the two-week sessions are already filled.

# Cable TV to cover election results



## cable connection

**Lark Samouellan**  
executive director,  
Southwestern Oakland Cable Commission

- 1 p.m. — Farmington League of Women Voters Candidates Night
- 2 p.m. — League of Women Voters Farmington Hills candidates
- 3 p.m. — Waste Management Bond Issue
- 4 p.m. — Farmington Area Republican Club Farmington Hills candidates night
- 5 p.m. — Farmington League of Women Voters Candidates Night
- 6 p.m. — Novi Candidates Night
- 7 p.m. — Farmington Hills Democratic Club Candidates Night
- 8 p.m. — Farmington Area Republican Club Farmington candidates night
- 9 p.m. — Farmington Hills Homeowners candidates night.

- 10:30 a.m. — Legislative Forum
- 11 a.m. — The Job Show
- Noon — Senior Spotlight: wedding fashions through the ages
- 1 p.m. — Programs with Pizazz: developing programs for senior citizens
- 2 p.m. — Farmington Focus
- 2:30 p.m. — 45 automatic
- 3 p.m. — Crisis in the Modern Family: S.O.S.
- 4 p.m. — Cosmic Connection
- 5:30 p.m. — Amvels
- 6 p.m. — Tricity Update
- 7 p.m. — The word of life
- 7:30 p.m. — Farmington Hills Police Journal

Thursday, Nov. 5

- 10 a.m. — Senior Adult Exercise
- 11 a.m. — Valley of Decision
- Noon — Drawing Men to Christ
- 1 p.m. — Women on the Move: group du jour
- 2 p.m. — Family Health Series: sports medicine
- 2:30 p.m. — Rebo III: Tiny Tim and Jackie Wilson
- 3 p.m. — Tricity Update
- 4 p.m. — Clarencville Schools
- 6 p.m. — Senior Messenger
- 7 p.m. — Election Night Coverage

Wednesday, Nov. 5

- 10 a.m. — Quentin King Show

### ACCESS PROGRAM SCHEDULE

Monday, Nov. 4

- 10 a.m. — Farmington Area Republican Club Farmington Hills candidates night
- 11 a.m. — Farmington Hills Homeowners Association candidates night
- Noon — Novi Candidates Night



## FALL SALE

- Replacement Windows • Doors • Roofing • Ties • Siding
- Gutters • Kitchen Remodeling • Refacing Cabinets
- Heating & Cooling • Room Enclosures • Additions

FREE IN-HOME ESTIMATES

255-2111

## ACT-SAT Testing

Thinking about taking the ACT or SAT test? Individualized instruction is now available so you can improve your score. Call 398-0116 after 4 p.m. Also tutoring in all subjects (your home)

GRAND RIVER WEST OF MIDGLEY, IN THE WEST RIVER SHOPPING CENTER, NEXT TO THE TANGER OUTLET CENTER

OPEN 11:30 A.M. DAILY 9:30 A.M. SAT.

FRANKIE & JOHNNY (R)  
10:00, 11:15, 12:30, 1:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:15, 9:30, 10:45, 12:00, 1:15, 2:30, 3:45, 4:55, 6:10, 7:25, 8:40, 9:55, 11:10, 12:25

LITTLE MAN TATE (R)  
10:00, 11:15, 12:30, 1:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:15, 9:30, 10:45, 12:00, 1:15, 2:30, 3:45, 4:55, 6:10, 7:25, 8:40, 9:55, 11:10, 12:25

RICHOCHEAT (R)  
10:00, 11:15, 12:30, 1:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:15, 9:30, 10:45, 12:00, 1:15, 2:30, 3:45, 4:55, 6:10, 7:25, 8:40, 9:55, 11:10, 12:25

SHOWDOWN IN LITTLE TOKYO (R)  
10:00, 11:15, 12:30, 1:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:15, 9:30, 10:45, 12:00, 1:15, 2:30, 3:45, 4:55, 6:10, 7:25, 8:40, 9:55, 11:10, 12:25

HOUSE PARTY (R)  
10:00, 11:15, 12:30, 1:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:15, 9:30, 10:45, 12:00, 1:15, 2:30, 3:45, 4:55, 6:10, 7:25, 8:40, 9:55, 11:10, 12:25

BARGAIN MATINEES — MON-FRI. ALL SHOWS BEFORE 6 P.M. SAT-SUN. BEFORE 6:30 P.M.

UNITED/ARTISTS West River

FISHER KING (R)  
10:00, 11:15, 12:30, 1:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:15, 9:30, 10:45, 12:00, 1:15, 2:30, 3:45, 4:55, 6:10, 7:25, 8:40, 9:55, 11:10, 12:25

PEOPLES UNDER THE STAIRS (R)  
10:00, 11:15, 12:30, 1:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:15, 9:30, 10:45, 12:00, 1:15, 2:30, 3:45, 4:55, 6:10, 7:25, 8:40, 9:55, 11:10, 12:25

YEAR OF THE GUN (R)  
10:00, 11:15, 12:30, 1:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:15, 9:30, 10:45, 12:00, 1:15, 2:30, 3:45, 4:55, 6:10, 7:25, 8:40, 9:55, 11:10, 12:25

CURIOUSLY SUS (R)  
10:00, 11:15, 12:30, 1:45, 2:00, 3:15, 4:30, 5:45, 7:00, 8:15, 9:30, 10:45, 12:00, 1:15, 2:30, 3:45, 4:55, 6:10, 7:25, 8:40, 9:55, 11:10, 12:25

NO PASSER ON THE FIRST TWO (R) (REAR OF THE MAIN FLOOR)

GREAT RATES ON SAVINGS!

- IRA
- SAVINGS
- ROLLOVERS

6 MONTH C.D. — CALL FOR RATES

Offerings: • Certificates of Deposit • IRA • IRA Rollovers • College Funds • Tax Free Funds • Deferred Annuities

Information can be mailed to your home at no cost.

LIVONIA COMMUNITY FINANCIAL ADVISORS • 476-1770

3175 W. 34th • Corner of Midwestern

\*\$250 - \$2,000 minimum deposit • 100% principal protection with maximum interest guarantee • Interest compounded daily, credited annually • Funds for early withdrawal • Jackson National Life (Member A.I.)

JANICE G. TRACHT, MSW, ACSW

is pleased to announce her association with

WOODCREEK COUNSELING

for the practice of family, individual and couples counseling

"including parent-child conflicts, divorce and stepfamily issues, codependency, women's issues, incest and sexual abuse"

31275 Northwestern Hwy. Suite 243 Farmington Hills, Michigan 48334

Hours by Appointment (313) 851-4737

STOP SMOKING WITH ACUPUNCTURE

You've probably tried to stop smoking with all the usual ways. Acupuncture is an ancient Oriental way of therapy. It has proven very helpful in treating many of modern day problems and diseases. Smoking is one of them. NOW is the time to make a change and stop smoking with acupuncture. For further information, CALL

NANKIN PROFESSIONAL CLINIC, P.C.  
Michael T. Nankin, D.O.  
29500 Vassar, Suite 900, Livonia

477-7344

Southfield Commons Shopping Plaza

TINA-MARIE

20% Off All Merchandise With This Ad

For the Full-Figured Woman... Outstanding control wired bandeau with all-lace cups and powernet back elastic.

Sizes 34-48 F-F-G cups

—Specialists in—  
• Girdles • Brasieres • Unguies  
• Hosiery • Beaded Blouses • Evening Gowns

29297 Southfield Rd. 1 block N. of 12 Mile 557-7185

AL-AIRE LANES

24001 Orchard Lake Road • Farmington 476-1550

NO TAP DOUBLES - We Leave The Lights On! Friday 9:45 p.m. • Saturday 11 p.m.

Any Combination • 2 Guys, 2 Gals or Mixed

POT OF GOLD JACKPOTS • MYSTERY GAMES • PRIZE MONEY

PHONE RESERVATIONS TAKEN FOR OPEN BOWLING

ASSOCIATED PODIATRISTS, P.C.

MATHEW BOROVY, D.P.M., F.A.C.F.S.  
MARC A. BOROVY, D.P.M., F.A.C.F.S.

FOOT SPECIALISTS • FOOT SURGEONS  
BOARD CERTIFIED IN FOOT & ANKLE SURGERY

Are pleased to announce that we have now assumed the practice of

GARY W. DOCKS, D.P.M.

15300 W. Nine Mile Rd. Oak Park, MI 48237 (313) 968-5350

620 N. Pontiac Trail Walled Lake, MI 48088 (313) 624-1192

25725 Coolidge Hwy. Oak Park, MI 48237 (313) 548-6717

Hours by Appointment

sageo's

Family Dining

25938 Middlebelt Rd. at 11 Mile Rd. in the Mid-11 Plaza Farmington Hills 476-1750

DINNER FOR 2 FRESH ROAST TURKEY \$13.99 FOR 2

ALL WHITE MEAT

INCLUDES: • SOUP OR SALAD • CHICKEN OF POTATO • STUFFING • VEGETABLE • RICE • COFFEE OR TEA

OPEN 7 DAYS  
MON 7 a.m. to 2 p.m.  
TUES-SAT 7 a.m. to 9 p.m.  
SUN 8 a.m. to 6 p.m.

LIVONIA TrueValue HARDWARE

EARLY BIRD SAVINGS!

RASMUSSEN Radiant Heat or Fireplace

GAS LOGS

The Enjoyable Energy Saver

Rough textured Oak Logs with Flaming Ember Burner & Grate

ALL SETS INCLUDE: 6 logs, ember burners, grate, sand, glowing embers & gas connector

On Sale NOW!

18" Set \$189.99  
24" Set \$199.99  
30" Set \$229.99

COUPON SAVE AN EXTRA \$20 ON GAS LOGS WITH THIS COUPON THRU 12/31/91

LOW COST INSTALLATION AVAILABLE

33533 FIVE MILE AT FARMINGTON RD. 422-1155 DAILY 9-5, SAT. 9-7, SUN. 10-3 937-1611

IV SEASONS FLOWERS

Welcomes you to

Christmas Season 1991

Sunday's

Nov. 10 12:00-5:00 OPEN HOUSE featuring Northwest Christmas Ornaments

Nov. 10 12:00-5:00 OPEN HOUSE featuring Gourmet Food Items

Nov. 17 12:00-5:00 CHRISTMAS WALK with author Cynthia Cummings

Nov. 24 12:00-5:00 SANTA PARADE

IV Seasons Flowers & Gifts  
149 E. Main Street Northville • 349-0871

St. James American Church

Come to the Catholic Church of the 90's, where you are accepted as you are! Come and join us for Mass on Sundays at 10:00 A.M. We are meeting at:

Silver Springs School  
19801 Silver Springs Drive (Between 7 and 8 Mile Rds. in Northville)  
442-9323

DON'T BE WITHOUT HEAT!

We are in for the coldest winter in 10 Years. Don't wait for your furnace to quit!

CALL NOW

American Discount Heating & Cooling, Inc.  
26311 W. 8 Mile Road Redford 537-3160

IN PERSON at... MOORE FURNACE COMPANY SAT., NOV. 2 1-3 P.M. Free Glowways! Refreshments! Plans to be with us!

Glenn Haage WXYZ 1270 AM

Moore Furniture Company  
28289 FIVE MILE RD. • LIVONIA

M. Asbahi, M.D. Gastroenterology

DIGESTIVE DISEASE

18320 Farmington • 476-6100

IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) is a chronic disorder of the colon. The disorder has also been called different names, Mucosa Colitis, Spastic Colon, Spastic Bowel, and Functional Bowel Disease. IBS can cause a combination of constipation and diarrhea, as well as pain, gas and abdominal bloating. There is one factor which can cause abdominal cramping, pain, and discomfort: the pattern of the colon which is controlled by nerves and hormones and by secreted activity on the colon muscle. In order to diagnose the disorder, the physician usually tries to rule out any more serious organic disease and exclude a complete medical history that includes a careful description of a physical examination and a laboratory tests will be done. Also the physician will probably order some diagnostic tests such as a roentgen examination to eliminate organic causes of the bowel symptoms. A call which is not in for any form, (personal or telephone) is a strong stimulus of Colonic contraction or spasm. This can produce Colonic action in people with IBS. The process is a real closely understood, therefore, advice properly will be to learn IBS symptoms before they present in relation to bowel, cramps, flatulence and bloating. It has been known that the result in having IBS symptoms. However, the patient is encouraged to consult his physician prior to using over the counter laxative (Laxogenol) food high in carbohydrates and low in fat includes: rice, bread, cereals, fruit and vegetables (as most people).

In considering management of the disorder, no concern over organic disorders could the drug to be used in IBS. A combination of anti-spasmodic drug and laxative usually have been tried and may relieve symptoms. Other physicians feel that they should measure the patient and discuss, many of considering the stress including factors in the life. It is important to state that IBS has not been shown to lead to any serious organic disorders. There is no link between IBS and Irritable Bowel Disease such as Crohn's disease, Ulcerative Colitis, or even the development of cancer.