

RECREATION NEWS

Each week, the recreation division of the Farmington Hills Department of Special Services presents a synopsis of upcoming activities. For more information regarding programs, call the recreation office at 473-9570. For the city council agenda items, call the Newsline at 476-3838.

HALLOWEEN HAUNTED WALK

The sixth-annual Halloween Haunted Walk will be held Oct. 29 and 30 at Heritage Park. We are looking for groups, organizations or individuals who would be interested in creating a station on the trail to provide the chilling effect of the spirit of Halloween. If you or your group/organization are interested, contact Dave Justus at 473-9580.

FALL PROGRAM REGISTRATION

The Recreation Department will

be extending their office hours from 8:30 a.m. to 8 p.m. for the dates of Sept. 7, 8 and 9 for participants wishing to register for our fall programs. The extended hours are intended to allow you to register at a time more convenient for you. We hope you take advantage of the extended hours.

PUNT, PASS AND KICK

Children 8 to 15 years of age can compete in the Punt, Pass and Kick on Saturday, Sept. 11 at Heritage Park. Competition for the divisions will be as scheduled: 8-9 year olds at 9 a.m.; 10-11 year olds at 9:30 a.m.; 12-13 year olds 10 a.m.; and 14-15 year olds at 10:30 a.m. First place finishers in each age division will advance to the metro competition. There is no fee for this program, but pre-registration is required at the Recreation Office.

SWIM CLASS

Swimming instruction for beginner to advance will be available at either the Mercy Center pool or the Harrison High School pool. Classes begin the week of Sept. 11 at Mercy Center and Oct. 2 at the Harrison High pool. Please refer to the fall brochure or contact our office at 473-9570 for further information.

HUNTER'S SAFETY

In accordance with Michigan State law, participation is required in a certified Hunter's Safety Clinic for individuals who were born after December 31, 1959 and wish to purchase their first hunting license. The course will meet Sept. 27 and 29 and Oct. 1 from 9-9 p.m. and Oct. 2 from 9 a.m. to noon. Participants must attend all sessions and pass a

written test to qualify for the certificate and be 10 years of age by March 31, 1994. Pre-registration fee of \$5 per person is required.

PRE-SCHOOL AND AFTER-SCHOOL RECREATION

Registration is now being accepted at the Recreation office for classes that include dance, karate, art, music, tumbling, cooking and others. Classes will begin the week of Sept. 20 at various sites within the city. Pre-registration is required.

KINDERMUSIK OF FARMINGTON HILLS

Norma Atwood, a certified Kindermusik instructor, will introduce parent and child to a unique program that will nurture the musical growth and development of the child. Classes will begin the week of Sept. 20 and run for 14 weeks.

Car-truck crash leads to injury and traffic ticket

A 61-year-old man was seriously injured Friday after a traffic accident on Farmington Road at Cloverdale.

Farmington Public Safety Department and the Farmington Hills fire department responded.

The Jaws of Life were used to move the passenger from the Geo Prizm, which collided with a Ford pickup truck around 11:45 a.m.

Drivers of both vehicles were not injured.

Friday. The man was transported to Botford Hospital, where he was listed in stable condition Tuesday with a broken right leg.

The man was a passenger in the car as it headed northbound on Farmington Road when a Ford pickup truck pulled out from Cloverdale. The driver of the pickup, a Livonia man, was ticketed for failure to yield.

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Crave Control Herb Now Popular for Weight Loss

Tallahassee—A study confirming that consumption of the Indian herb *Gymnema Sylvestre* may reduce sweetener cravings is popularizing the herb's use as an aid to weight loss. Published by Florida State University researchers, the study demonstrates the herb's effectiveness in curbing sugar calorie intake. The researchers also found the herb helpful in reducing carbohydrate and fat intake.

properties. All natural Beta-Trim *Gymnema Sylvestre* has become a favorite with dieters. One Nebraska resident writes, "After first taking Beta-Trim upon the advice of my pharmacist, I quickly saw a dramatic effect. Within three weeks I had lost 10 lbs. Within six weeks I had lost 19 lbs. Without changing my eating habits I have managed to lose over 20 lbs. and consistently maintain my ideal weight with Beta-Trim."

Beta-Trim, Nature's Crave Controller is now available at:

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OPEN SUNDAY

Daily 8:30 - 5
Thursday 8:30 - 7
Sunday 10:00 - 5

SHARP LOOKS

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CARD & GIFT CENTER

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Grand River at Halsted - Farmington



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478-3871

Communication Is The Key To Any Good Relationship.



Especially This One . . .

Your relationship with your obstetrician/gynecologist is one of the most important ones you'll ever have. Good communication with your doctor is the key to making your pregnancy and the birth of your baby one of the most special times of your life.

You want a doctor sensitive to your beliefs, yet professional enough to make medical decisions quickly and responsibly. At Meadowbrook Obstetrics and Gynecology, Dr. Steven J. Friedman believes in giving careful consideration to your needs and desires while doing everything possible to ensure a smooth, safe pregnancy and delivery.

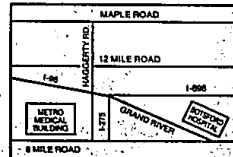
He encourages discussion of any prenatal and birthing concerns ranging from cravings and varicose veins to amniocentesis and epidurals. He pays close attention not only to your body and the baby growing inside, but also to your thoughts, feelings and questions too.

Dr. Friedman will communicate various birthing and prenatal options, ensuring that everyone — doctor, patient and family — has all the information necessary to make educated decisions at this momentous time in your life.

Why not get the latest relationship in your life — the one with your new baby — off to a great start? Select an obstetrician/gynecologist who cares about communicating with you.

For an appointment, call:

Dr. Steven J. Friedman
Meadowbrook Obstetrics and Gynecology
(313) 380-9890
Metro Medical Building
40000 W. Eight Mile
(Just west of Haggerty)
Northville, Michigan



Providing a full array of women's health care services including laser and laparoscopic surgery, Meadowbrook Obstetrics and Gynecology is open 9 a.m. to 5 p.m. Monday through Friday. Dr. Friedman, a graduate of the New York College of Osteopathic Medicine, Old Westbury, N.Y., completed his internship and residency in obstetrics and gynecology at Detroit Osteopathic Hospital, Highland Park, and 84-County Community Hospital, Warren.

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SALE ENDS SUNDAY, SEPT. 12

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