Weight Watchers says see what's on fat, fiber menu

March is National Nutrition Month and Weight Watchers of Farmington Hills urges people to take a look at the fat and fiber in their diets.

"There is a great deal of focus on the amount of fat in the American diet," asys Deriene Zimmerman, a registered diettian and nutritionist for Weight Watchers.

"High-fat dists have been implicated in the development of major chronic diseases, like heart disease and some types of cancer. High-fat foods are also caloriedense and can contribute to being overweight. However, if your focus has been exclusively on fat, you may be shortchanging yourself on the risks of certain types of cancer was the state of the contribute to being overweight. However, if your focus has been exclusively on fat, you may be shortchanging yourself on the risks of certain types of can-

car."

These same high-fiber foods also contribute to healthy weight loss, increasing the feeling of satisfy and helping to ensure that an enting plan is belanced.

"Many people reduce fat intake while on description of the same that we will ease for accessarily mean less calories." Ziannerman said. "A healthy seating plan should be based on we fat food choices and complex carbohydrates, including five daily servings of fruits and results of the same same same said. The WW Group, headquartered in Fermington Hills, in the largest franchies of Weight Watchers International.

Each meek, the recreation divi-sion of the Farmington Hills De-partment of Special Services pra-sents a synopsis of upcoming ac-tivities. For more information regarding programs, call the re-resition office at 473-9570. For City Council agends items, call the Newsline at 476-3838.

GRICOGE EATURE
Get your partner and register for
the year's first match, 7-10 p.m.
Priday, March 24, at the Haritage
Park Viaitor Center. You will play
a round-robin format that will allow play the entire evening. Refreshments are provided. Pre-registration tee of \$12 per couple is

REMETAGE PARK SHELTER
RESERVATIONS

At the Department of Special Services office, Farmington-Farmington Hills residents, in person, can reserve one of three different shelters located within Heritage Park. Rental and deposit monies must be paid at the time of reservation. To obtain rental fees, location and size of shelter, contact the office at 473-3870.

HADLY SCOTEAL!
Registration for new teams will be accepted at the recreation office for adult men's, women's and co-d softball leagues. Registration fees are \$425 for men/women industrial leagues 3465 for men/women open leagues and \$370 for co-ed leagues. Umpire fees are to

P.E.O. Cooperative plans luncheon lanthropic and educational organ-ization founded more than 100 years sgo and to bring increased opportunities for higher educa-tion to woman. This is accom-plished through international, atta and local projects of loans and acholarships. The organiza-tion owns and supports Cottey College, which is an accredited liberal arts college for women in Nevada, Mo.

The Detroit Area P.E.O. Cooperative will hold a Founders' Day uncheon Saturday, March 25, at Schoolcraft College in Livonia. A receiving line honoring state officers and past state presidents will begin set 11:30 a.m. with luncheon being served at 12:15

After the luncheon at program will be presented by the piano students of Donald Morelock. Call Lorene Mantooth at (810) 549-6815 for information.

The P.E.O. Sisterhood is a phi-

Hair Today TANNING

7 Mile & Newburgh (313) 591-6561

4 TANNING VISITS Only \$ 1 500

SPECIALS

UNLIMITED TANNING \$3500 Per Month 11 Co-Pay Per Visit

Free Report Shows Frustrated Homeowner How To Get Home Sold in Just 23 Days!

Farmington Hills — A free homesellers report has been released that reveals how to get your home sold quickly, at your price! Find out what real estate agents don't tell you!

Call: 1:800 797:6055, 24 hrs., for a free recorded message and copy of this report!

FARMINGTON PUBLIC SCHOOL DISTRICT NOTICE OF SPECIAL COMMUNITY COLLEGE ELECTION

TO: THE QUALIFIED ELECTORS OF THE OAKLAND COMMUNITY COL-LEGE DISTRICT, PARTS OF THE COUNTES OF OAKLAND, LIV-INGSTON, LAPEER AND WASHENAW, MICHIGAN: NOTICE IS HERRENY GIVEN, that a Special Election for the College will be held in the Oakland Community College District

on
Therests, March 18, 1993
The purpose of this election is to seak the approval of the qualified electors of
the Oakland Community College District to levy up to an additional 1.0 mill
against all property in the Oakland Community College District to pay for the
ground operating costs of the College.

The following language shall be placed on the ballot AKLAND COMMUNITY COLLEGE SPECIAL MILLAGE ELECTION

OAKLAND COMMUNITY COLLEGE SPECIAL MILLAGE ELECTION Shall be limitation on the total amount of taxes which may be assessed against all property in the Oakland Community College District, parts of the Comition of Oakland, Livingston, Lapser and Washtenaw, be increased for calendar year 1978 and in preprintip by 1.0 mill on every dollar (being \$1.00 per \$1.00,00 of assessed valuation as fully operations) of all property in said Community College District which millings in the control of the community College of the Community College of all property in said Community College Oakland and Strict which millings in the control of the co

NOTICE RELATIVE TO OPENING AND CLOSING OF THE POLLS

THE POLLS FOR THE AND ELECTION WILL BE OPEN PROMIT O'CLOCK AM. AND RESAMN OPEN UNTIL 6 O'CLOCK PM. ON THE BAY OF THE SPECIAL RELECTION, Every qualified decire present and in line at the polls at the bots at the bots at the polls at the bots at the bots at the polls at the bots at the polls at the bots at the polls are presented for the closing thereof shall be allowed to vote. Each person the polls are possible were the polls and the polls are possible were the polls and the polls are possible were the polls and the polls are polls are polls and the polls are polls are polls and the polls are polls and the polls are polls are polls and the polls are polls are polls are polls and the polls are polls are polls are polls and the polls are pol

meriodi for the County be: A cilizen of the United States of America over eighteen (18) years of

A. A registered elector of the City, Village or Township in which be or she resides.

The places of voting for the Special Election to be hold on March 18, 1998 will be as follows:

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11 .33

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Precinct No. 1: Longacre Elementary School , 34539 Arundal Street
Precinct No. 2 Wm. Grace Elementary School 25049 Shiawanee

Precinct No. 3 East Middle School 25000 Middlebelt Ro Preciact No. 4 Warner Middle School 20363 W. Fourteen Mile Road

Precinct No. 5 Wooddale Elementary School \$4275 Oak Forest Preciact No. 6: Forest Elementary School 24534 Old Timber Road

Precinct No. 7 Hillside Elementary School

Precinct No. 8 Gill Elementary School 21175 Gill Road

Absences ballot applications will be available at the Lewis Schniman Administrative Center, 12:50 flakersome for ing the weakdays. The Administrative Center will be open theories ording on Satirday, March 11, 1978 from 10:00 and the will be open theories ording on Satirday, March 11, 1978 from 10:00 and 12:00 PM. on Satrday, March 11, 1978. Atte Saturday at 1:00 PM, person who with to vote absence must appear in person at the school district administrative office.

otice is given by order of the Board of Education of Farmington Public District, a component school district of the Galland Community College c, State of Michigan.

Approved by Board: December 20, 1994

PARAL MARK S and R. 1991

KELLY M. JAGERS, MSW, CSW, LMFT

Psychotherapist Sliess Management • Andery Disorders Marital Counseling • Children & Youth

18224 Farmington Rd. Livonia, Mi 48152

(810) 477-5200



CONSIGNMENT *TEMS ACCEPTED DAILY * OPEN 7 DAYS

347-4731 NORTHVILLE (2919 W. 7 MILE (NICHLAND LAKES SHOP, CENTER)

CLARENCEVILLE SCHOOL DISTRICT NOTICE OF SPECIAL COMMUNITY COLLEGE ELECTION

THE QUALIFIED ELECTORS OF THE OAKLAND COMMUNITY COLLEGE DISTRICT, PARTS OF THE COUNTIES OF OAKLAND, LIVINGSTON, LAPEER AND WASHTENAW, MICRIGAN

NOTICE IS HERREY GIVEN, that a Special Election for the College will be held in the Cahland Community College District

e purpose of this election is to seek the approval of the qualified electors of balland Community College District to levy up to an additional 1.0 mill sat all property in the Galland Community College District to pay for the rat operating costs of the College.

The following Language College District to pay for the rat operating costs of the College.

The following language shall be placed on the ballot:

OANLAND COMMUNITY COLLEGE
SPECIAL MILLAGE ELECTION

SPECIAL MILLAGE ELECTION

Shall the limitation on the total amount of taxes which may be assumed against all roperty in the Oakland Community College and the Controller of Oakland Community College and Washinster, be increased for calendar year 1995 and in perpetuity 9, 19, mill on every dollar (being \$1.50 per \$1, 100,00.00 of assembly 9, 19, mill on every dollar (being \$1.50 per \$1, 100,00.00 of assembly \$1.00 per \$1.00

NOTICE RELATIVE TO OPENING AND CLOSING OF THE POLLS HE POLLS FOR THE SAID ELECTION WILL HE OPEN FROM 7 O'CLOCK M. AND REMAIN OPEN UNTIL 8 O'CLOCK PM., ON THE DAY OF THE PECAL ELECTION. Every qualified elector present and in line at the poles at so boar prescribed for the closing thereof shall be allowed to vota.

Each person voling on the proposition must be:

(a) A citizen of the United States of America over eighteen (15) years of age; (b) A registered elector of the City, Village or Township in which he or she resides.

The place of voting for the Special Election to be held on March 16, 1895 will see follows:

PRECINCT II
CLARENCEVILLE SENIOR HIGH SCHOOL
SHIS MIDDLEBELT ROAD
LIVONIA, MI 48183

LINDA J. BRANDKMIRI Secretary Beard of Education caville School District

RECREATION NEWS

be paid prior to each game. For additional information, call 4788070.

WYMIN SOCER
You can register your child through March 10 for the spring season of youth socore. Leagues are divided into kindergarten-first rade and second-third grade. Children play a six-game schedule on Saturdays beginning April 29 and practice one hour per week. Pre-registration fee of \$20 is required. Volunteer coaches are needed for this program.

Workseastics.

Workseastics.

Workseastics.

Workseastics.

Beginner classes on Stridge and the Activities of Priday at the Activities of salid plants.

NOTICE OF PUBLIC HEARING PROPOSED SPECIAL ASSESSMENT DISTRICT CITY OF FARMINGTON HILLS 21555 ELEVEN MILE ROAD FARMINGTON HILLS, MICHIGAN 43226

NOTICE IS REPEBY GIVEN: That the City Council of the City of Farmington Hills, Oakland County, Michi-gun, has tentifively doclared its intention to make the following improvement: Construction of WATER MAIN IMPROVEMENTS to be located in the City as follows:

REET PROM stmoreland Dr. 1600 Ft. North of Ten Mila recent Street Westmoreland Drive

That plans and specifications pullining the improvement and the location thereof are on file with the City Clerk for public examination, along with the costs of said project which are proposed as follows:

1074.L OST OF PROJECT:

PERCENT "9 OST ASSESSED TO DISTRICT:

10075
1277.000.00

TOTAL COST TO DISTRICT: AVERAGE COST PER BASE UNIT TO BE ASSESSED:

AVERAGE COST PER BASE UNIT TO BE ASSESSED: 7,784.84

That the City Council has tentatively designated the proposed special assessment district to Euclidea has following properties.

THATE SECTION 23, CITY OF FARMINGTON HILLS,
PARTS SECTION 23, CITY OF FARMINGTON HILLS,
CITY OF SECTION 25, CITY OF FARMINGTON HILLS,
124-114-001 through 012

223-21-117-001, doc; 004, 005, 012, 013, and 015

223-21-117-001 through 007

123-23-117-001 through 007

123-23-117-001 through 007

123-23-117-001 through 007

124-117-001 throug

at 7:30 o'clock, P.M., Eastern Standard Time, to bear and consider any objections to the said inspresented.

It the City Council approves the making of the improvements, a special assessment may be irried against properties that been still from the improvements according to the city of the properties of the theory of the city of the properties of the Michigan Tar Tribmal. An owner of or party in interest property to be assessed, or his or her agent, may appear in preparent property to be assessed, or his or her agent, may appear in preparent, or may propert in the properties of the property to be assessed, or his or her agent, may appear in preparent, or may properties of the property to be assessed, or his or her agent, may appear in preparent property to be assessed, or his or her agent, may appear in preparent of the property of the pr

Mailed: March 9, 1995

KATHRYN A. DORNAN City Clerk

NOTICE OF PUBLIC HEARING
PROPOSED SPECIAL ASSESSMENT DISTRICT
CITY OF FARMINGTON HILLS
OAKLAND COUNTY
11555 ELEVEN MILE ROAD
FARMINGTON HILLS, MICHIGAN 48336

NOTICE IS HEREBY GIVEN THAT ROAD RESIDELLTATION IMPROVE-MENTS Special Assessment Roll No. C-TI I in the amount of \$340,045.94, for the construction of Road Rehabilitation Improvements in said City to be located as follows:

follows:

STREET

Leamington
Kirkside
Westerielgh
Wayburn West
Gleanden
Sprucwood
Chesterbrook
Havenwood
Bannochburn
Nestlawnood
Notingwood Cl.
Dunford
Arnasel
Wayburn Dr.
N. Markhawn
E. Markhawn
Bella Vinta Lorikay E. Marklawn Nottingwood Notting Lorikay orikay erikay Hearthstone
Bay Tree
Ridgebrook
Bonnet Hill
Craftsbury
Farmersville
Old Forge Lane
Red Clover Ct.
Red Clover Rd.
Reletione

has been filed in the office of the City Clerk for public examination, along w the costs of said project which are proposed as follows: 1074AL COST OF PROJECT: 2886,308.33 TOTAL COST TO PROJECT: 53,33% TOTAL COST TO DISTRICT: 33,33%

NOTICE IS FURTHER GIVEN that the City Council will meet in the City Hall Council Chamber, \$1535 Errem Mills Road, Farmington Hills, Michigan, on the 19th day of March, 1978, at 7:50 octock P.M. Esstern Standard Time, to review said Opecial Assessment Roil and to hear any objections thereto.

said Special Assessment root may use any operation assessment at the hearing is required in order to appeal the amount of the special assessment at the hearing is required in order to appeal the amount of the special assessment to the Michigan Tax Tribunal. An owner of or party interest in precept to be assessed, or his or agent, may appear in protest the special assessment, or may protest the special assessment in the bastic is protested and provided above, the owner or any party having an amount in the real property may file a written appeal of the special assessment with the Michigan Tax Tribunal or other court of competent production within 30 days after the confirmation of the special assessment with the Michigan to the transfer of the special assessment with the Michigan the Tax Tribunal or other court of competent production within 30 days after the confirmation of the special assessment roll.

THIS NOTICE IS GIVEN BY ORDER OF THE CITY COUNCIL

Mailed: March 9, 1995 People: March 9 and 14, 1995