

COMMUNITY CALENDAR

HAPPENINGS

FUND-RAISER

For Clarenceville United Methodist Church 1997 Entertainment Passbooks. Donation: \$40. Contact Jim Robinson at 347-1535 or the church office at 474-3444.

CONGREGATION B'NAI MOSHE

Is registering for its new eight-part series of "Hava Nagila Let's Be Happy," a Jewish enrichment program for 3 and 4 year olds. The new series will be offered at the synagogue on Thursday afternoons from 1-2:30 p.m. beginning Jan. 9. The cost is \$75 per child and space is limited. The theme will be "Keshet Halvrit" (Hebrew Rainbow) featuring stories, games, and language activities. "Hava Nagila" is open to all interested families regardless of affiliation. Another eight-part series will begin in March. For more information or to register call education director Rita Abramson at 788-0600.

FOOD, CLOTHING DRIVE

At Farmington Hills City Hall will be held throughout the holiday season. Food, clothing, personal care items (like toothpaste and tissue) can be dropped off at city hall or the police station during business hours. Especially needed are food, baby and children's items. These will be distributed by local Salvation Army.

MAID OF ERIN

Girls 17 to 23 years old of Irish descent are invited to compete for the Maid of Erin to be held Feb.

22. Winner can win a free trip to Ireland participates at all Irish functions. Information, Bridie Flynn at 313-644-8556.

HISTORICAL MUSEUM

The Farmington Historical Museum at 33805 Farmington Road is open to the public for visitation. Hours are 1-5 p.m. Donation, \$1. Special group visitations can be arranged by calling 476-6257 or 473-7275.

THE HOLOCAUST

The French and the Jews by Susan Zuccotti is the story of the French cooperation with the Nazis will be discussed Monday, Dec. 23. For more information call 177-1410.

SUPPORT GROUPS

WESTERN OAKLAND PARKINSON Support Group meets 7:30-9 p.m. the second Tuesday of every month at Farmington Hills Baptist Church, 28301 Middlebelt. Information, 476-3404, 478-0189 or 474-0003.

MANIC-DEPRESSIVE

Manic-Depressive and Depressive Associates support group meets 7:30-9 p.m. the first and third Wednesday of each month at Providence Hospital, 47001 Grand River, Novi. Information, 386-3825.

CHILDREN'S PROGRAM

An educational/support group for children 4-11 years impacted by the effects of chemical dependency. Held Saturdays, 10 a.m. to 12 p.m. at Farmington Area Counseling Centers, 23392 Orchard

Lake Road. For information, call Linn Schaefer, 477-6767.

CARE MINISTRIES

Have a problem? Want to talk? Call Life Care Ministries at (313) 427-LIFE, Monday-Saturday from 11 a.m. to 11 p.m. No charge.

POSTPARTUM DEPRESSION

Meets the first and third Tuesday of each month at 7:30 p.m. Meetings scheduled at Providence Hospital in Southfield. Information, 737-3612.

CROWNS & COLTIS FOUNDATION

Self help group meets the fourth Thursday of each month from 7-9 p.m. at Orchard Lake Office Center, 28230 Orchard Lake Road, Suite 100-A. Information, Marie, 313-420-4434 or Mindy, 810-851-4938.

MODERATION MANAGEMENT

Are you drinking too much? MM is a free self-help group and nine-step program that provides guidelines for moderate drinking and support to change your drinking habits. Not intended for alcoholics. Meets every Tuesday night, 7-8 p.m. in Universalist Church, 23501 Halsted Road, Farmington Hills. Information, 313-677-6007.

RATIONAL RECOVERY

Self help organization for men and women who are experiencing problems as a result of alcohol/substance abuse and/or other self defeating behaviors. They meet Thursdays at 12:30 p.m. at Harrison School in Garden City and Fridays at 7 p.m. in Garden City Hospital. Information, 476-2657.

A.I.M.

Anaphobias in Motion, a panic/anxiety organization. Because there so many chapters we ask you call 810-547-0400 for a listing.

PROJECT RACHEL

Healing the wounds of abortion.

Let us help you in a sensitive and confidential 11 week program. All faiths welcome. Information, 1-888-Rachel5. Sponsored by the Catholic Archdiocese of Detroit.

CANCER WELLNESS GROUP

Meets every Tuesday, 7-8:30 p.m. in Botsford's 3 West Conference Room, 28500 Grand River. Information, 477-6100.

TEEN PEEP SUPPORT GROUP

Is a 12-week educational support group for teens (12-18), struggling with chemical abuse, family problems, and other life stressors that affect themselves and their loved ones. It is held on Tuesdays, 3:30-5 p.m. at the Farmington Area Counseling Centers, 23392 Orchard Lake Road. Information, 473-1290.

SENIORS

SENIOR SLIMS

New this year at the Farmington Hills Senior Center is a weight loss support group to help us set and reach a more healthy weight. The group meets every Thursday afternoon from 1-2 p.m. Fee is 50 cents for residents and \$1 for non-residents.

BALLROOM DANCING

Every Friday beginning at 1 p.m. dance with our live Big Band sounds of the 40's and 50's. Dancing is \$2 and includes refreshments which are served at 2 p.m. Information, 473-1830.

PINOCCHIO GROUP

Pinocchle enthusiasts gather every Monday at the Senior Center from 9:45 a.m. to 12 noon. Fee is 50 cents.

VOLLEYBALL

At the Senior Center every Tuesday and Thursday from 12:30-2:30 p.m. for senior no-bounce volleyball. Fee 50 cents for residents and \$1 for non-residents.

BOOK DISCUSSION GROUP

ALPHA LINE BRACELETS WITH BIRTH MONTHS AND NAMES \$160

EMERY'S 855-0433

We Discount All Major Brands
Braun • Panasonic • JVC • Sony
• Sanyo • Quasar • Sharp • Kitchen Aid
• Kenmore • Jennair • Amana • Sub-Zero
• Thermador • Frigidaire • Maytag
• Hotpoint • Electrolux • GE • Whirlpool
• Frigidaire • Kenmore • Amana • Sub-Zero
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• Answering Machines and More!!
Hours: 9:30-5:30 Daily Sat. 9:30-4 Sun. 12-3
Greenfield at 13 Mile Rd.
642-4466

Dentistry in the 90s
by Herbert M. Gardner, D.D.S. & Martha P. Zinderman, R.N., D.D.S.

MORE THAN BRUSHING THE SURFACE

When teeth are so stained or discolored that they are beyond the ability of brushing to return them to their natural color, there are other options to consider. The cosmetic procedure known as bonding can actually create a new tooth surface by covering the old with a composite resin veneer. The tooth enamel is prepared with the application of a small amount of phosphoric acid for the purpose of roughening the tooth for sake of adherence. Then, the dentist applies the composite resin (plastic) to the tooth in a thin layer and cures it with a blue (non-ultraviolet) light. This process chemically bonds the composite resin to the natural tooth beneath. After the new surface is sculpted to achieve natural-looking contours, it is difficult to tell a bond from the other natural teeth in the mouth.

LIVONIA VILLAGE DENTAL

19171 MERRIMAN • LIVONIA
(810) 478-2110

P.S. Teeth can be bonded in a single session.

ADRIAN SHEREMETA, M.D.

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Board Certified

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St. Mary Hospital, Livonia
Providence Hospital, Southfield

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*INTEGRATED HEALTH ASSOCIATES
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THOUSANDS OF USED BOOKS

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960-1030

1123 E. W. Maple M-F 10-8

Walled Lake Sat. 10-5

New & Used Books & Adventure Games

Physical Therapy & Sports Medicine
by Richard W. Milder, P.T., A.T.C., M.S.

HEAVY LIFTING REQUIRED

In their search for an exercise regimen that will help women shave off the extra pounds associated with osteoporosis, researchers from the University of North Carolina at Chapel Hill have found that a strength-training regimen significantly increased the bone density of the lower spine and pelvis of 28 middle-aged women. This is because the exercise increases the bone density of the lower spine and pelvis of 28 middle-aged women. This is because the exercise increases the bone density of the lower spine and pelvis of 28 middle-aged women. This is because the exercise increases the bone density of the lower spine and pelvis of 28 middle-aged women.

ALPHA LINE BRACELETS WITH BIRTH MONTHS AND NAMES \$160

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On the first Thursday of each month at 1 p.m. Fee is 50 cents for residents and \$1 for non-residents per session. Information, 473-1830. The group will begin with the following book on Jan. 2: A Map of the World by Jane Hamilton.

AUDITIONS

MICHIGAN THEATRE
Dancers, male and female hold new through Dec. 31. Auditions held by appointment on Saturdays at 1:30 p.m. only. Call 552-5001 to select an audition time or for further information.

VOLUNTEERS

PROVIDENCE HOSPITAL
Seeks volunteers to assist patients and/or staff. Information, 424-3300.

FOCUS HOPE

Drivers needed for an hour or two to deliver food boxes to eligible seniors once a month. Call Gail at 473-1826 for information.

NUTRITION VOLUNTEERS

Kitchen volunteers needed Tuesday and Thursday from 9:30 to 11 a.m. Call Chris or Diane at 473-1825 for information.

VOLUNTEERS NEEDED

To help improve relationships between parents and children sponsored by Catholic Social Services of Oakland County. Training for the program is provided. For information call Francine Adams, 810-334-3595.

CANCER VOLUNTEERS

The Karmans Cancer Institute needs volunteers for the new Novi office, 41955 12 Mile Road, Novi. In addition, cancer survivors and volunteers are welcome to be trained as health education speakers.

SALVATION ARMY

Of Farmington Hills is looking for volunteer groups, organizations or individuals to help raise money during the holidays through their Christmas Kettles. If you would like to arrange to ring bells in the Farmington Hills area, call 477-1153.

Benn Gilmore, M.D. and Jeffrey S. Leider, M.D. welcome
Leonard P. LaCivita, M.D.
Board Certified to the
AMERICAN Ear, Nose & Throat INSTITUTE
Specializing in Personal Care
New Location
23700 Orchard Lake Rd., Suite A
Farmington Hills
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Arthritis Today
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18829 Farmington Road
Livonia, Michigan 48152
Phone: (810) 478-7860

KEEPING UP WITH THE HOLIDAYS
If you have arthritis, you are entering the most difficult time of the year. The actual winter with its ice streets may make moving hazardous. However the Christmas holiday can be harder because of the demands the coming weeks will make on your pace.
If you sell goods, then you may be standing all the time and working extra hours besides. If you are buying gifts, then waiting in line and walking malls is inevitable, with joint aches following. If you are preparing for guests, the cleaning and cooking duty will place added stress on your legs and shoulders.
Greater effort necessitates greater rest. Pacing yourself is the best way to respond to the holidays, do not overwork. Let experienced judges what is reasonable for you. Though the season's theme is giving to others, you must begin by doing what is best for yourself.
Your doctor can help. Usual joint injection schedules may be set aside to relieve pain and swelling brought on by Christmas stress. For a short time the pain medication you take 2-3 times a day can be increased to 3-4 times a day. Or your doctor may let you take a higher dose of anti-inflammatory medication for a week or two.
Coordination between personal activities and medical regimen can turn a problem into a joyful holiday.

NEW YEAR'S EVE CELEBRATION
MANOR 27777 Schoolcraft (13.5 miles from the city) Livonia
ROMA BANQUETS of Garden City 32550 Cherry Hill (13.5 miles from the city) Livonia
Lush Gourmet Buffet at both locations featuring...
PRIME RIB in Herb Blanket, Premium Bar (Pkg. 6)
Continuous Entertainment with
NIGHT'S CRED & PRELUDE
Black Tie Optional All Evening Seating
\$135 Per Couple
Experience the elegance of our...
(313) 427-9110
"CHANNEL 6" & DJ Entertainment
Black Tie Optional All Evening Seating
\$120 Per Couple
(You must be 21 & Over to attend)
(313) 425-1430