

Friends always



Brave new world: Shown are approximately 95 parents and children of the Farmington YMCA Guides and Braves Program, who recently attended their first weekend campout of the season at the YMCA Camp Manitoulin, located in the Grand Rapids area. Also at the camp was a nature speaker who brought numerous snakes, turtles and frogs for kids to learn about.

Sounds of silence

Hills resident sings the praises of Primordial Sound Meditation course

Farmington Hills resident Richard Schmalzried attests that something from out-of-this-world actually brings them the kind of peace and spirituality that helps them deal with worldly stresses.

And all one has to do is sit quietly for 30 minutes, close his or her eyes... and silently repeat a personal mantra.

Of course, the only way to find out what that magical password is would be to enroll in metropolitan Detroit area Primordial Sound Meditation courses — such as those being offered by certified PSM teacher Linda Hanniford.

"It's a quick and easy way to do it," Schmalzried said, noting other meditation courses he's taken are more drawn out. "For me, the trick is I try to take 10 or 15 minutes each morning and center myself."

"... You know you're able to access that (the mantra). It's a part of you you're always carrying inside."

Primordial Sound Meditation, an ancient form of meditation that has been tried and tested for thousands of years, was recently revised by best-selling author and teacher Deepak Chopra.

'For me, the trick is I try to take 10 or 15 minutes each morning and center myself.'

Richard Schmalzried
—Primordial Sound student

It utilizes over 100 different mantras, a sound without specific meaning used to clear and quiet the mind.

A specific mantra is selected for a participant by certified teachers such as Hanniford.

The teacher finds the mantra after taking into account the date, time and place the participant was born.

According to Vedic mathematics, at the time of birth, there is a specific vibration or frequency that exists in the universe.

These sounds or vibrations were cognized and recorded by sages and seers thousands of years ago.

By knowing that sound, the Primordial Sound Meditation course purports, and using it as part of the mantra, awareness is brought back to the level of universal consciousness.

It is recommended that participants meditate twice a day for thirty minutes each time, sitting comfortably with eyes closed.

Regular meditation is thought to help people do away with unhealthy habits and enable access to "your own infinite storehouse of knowledge, energy and bliss," according to a press release about the program.

"Let's say I'm having a bad day and decide to 'get upset,'" Schmalzried said. "Meditation helps me gain a wider perspective. What's a half hour in a whole lifetime? It's not that big a deal."

PSM is easily learned in four short sessions over three days and costs \$225 with discounted rates for students and seniors.

The course includes personal instruction in specific mantras.

Upcoming sessions are scheduled for the following dates: Nov. 14-16 at Center for Realistic Living in Troy and Nov. 19, 22 and 23, at St. Joseph Mercy Hospital in Ann Arbor.

For more information, call Hanniford at (517) 546-7436 or (810) 220-8812.

—Tim Smith

2nd man to face court exam in Tapper's jewelry store holdup

BY GREG KOVALSKI
STAFF WRITER

A 27-year-old Detroit man will face a preliminary examination at 8:30 a.m. Tuesday in 48th District Court on charges of robbing the Tapper's jewelry store last May in West Bloomfield.

Derrick Davis will go before Judge Edward Avedonka.

Oakland County prosecutors said Davis is one of the two men who robbed Tapper's in Orchard Mall last May 21.

The flight of the two men from the store prompted one of the largest manhunts in Oakland County history as police from 22 departments including Farmington Hills scoured the area of Inkster and Walnut Lake where the robbers ditched their car.

The men disappeared into the neighborhood on the border of West Bloomfield and Bloomfield Township. However, in July police arrested Antonio McKel-

ton in Dearborn saying that a gun with his fingerprint was found next to the ditched car. And a wallet with McKelton's identification was found inside the car, police said.

Farmington Hills police Chief William Dwyer at that time said ballistics tests on the 9 mm handgun showed it was the same gun used in the Nov. 14, 1996 murder of Everisto Dwayne Bosley outside an ATM machine at a Hills Comerica bank.

Bosley was doing maintenance on the ATM machine when he was shot during an attempted armored car robbery at the bank.

Police said they linked Davis to McKelton through DNA tests on saliva traces taken from a mask also found in the car. The thieves had worn masks during the robbery at Tapper's.

Davis was arrested in Detroit last Tuesday as he was to face trial in Wayne County Circuit

Court on charges of receiving and concealing stolen property, allegedly from Tapper's.

Police said they believe the men are responsible for robberies of six jewelry stores in Oakland County.

Last Wednesday Davis was arraigned in 52nd District Court in Troy on a charge of stealing purses from a store in the Somerset Collection on Oct. 16.

McKelton will go on trial on armed robbery charges before Oakland County Circuit Court Judge Edward Sosnick on Dec. 6.

In the Tapper's robbery the two men entered the store at about 11 a.m., smashed display cases and scooped up jewelry before fleeing outside the mall to a car.

The daylight robbery and subsequent manhunt startled the neighborhood as heavily armed police cordoned off and carefully searched the area.

INFO TV-12 adds weekend playback

CABLE CONNECTION



MARY LINDA CALDERONE

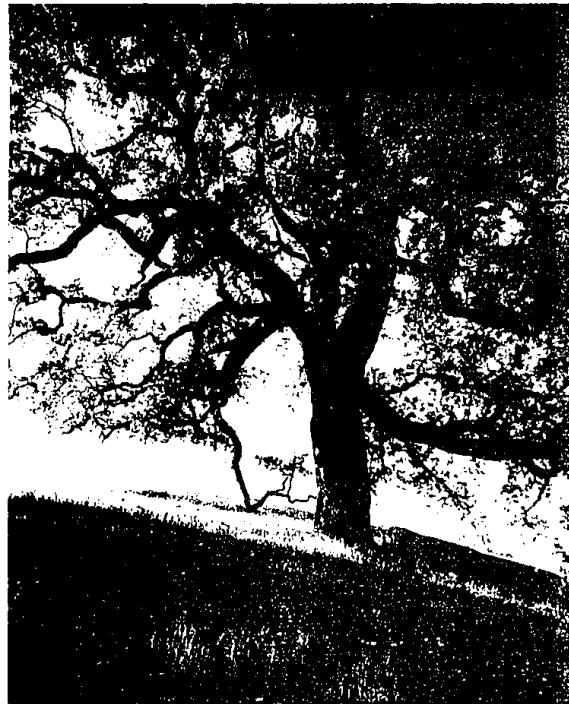
Now, you can catch your favorite community TV shows on the weekends. We're pleased to announce that INFO TV-12 has extended its daily programming to include weekend playback. Six hours of uninterrupted programming in a continual loop will play from 4:30 p.m. on Friday to Monday at 10 a.m. Remember, there's programming from 10 a.m. to 10 p.m. Monday through Friday.

At all other times you'll get the program schedule. Request your favorite shows by calling 553-7303, ext. 251. And don't forget to tune into your respective city channels.

The City of Farmington Hills Channel runs everyday from 8 a.m. to 2 p.m. and 4:30 p.m. to 12:40 p.m. Watch Farmington 16 Monday through Friday, 10 a.m. to 12:40 p.m. and 5 p.m. to 7:40 p.m. Tune into the city of Novi Channel 13 daily from 8 a.m. to 10 a.m., 12 p.m. to 2 p.m. and 4:30 p.m. to 6:30 p.m. Educational programming on TV-10 runs daily from 12 a.m. to 12 p.m. The channel is shared by Farmington, Novi and Clarenceville Schools. Channel 20 offers 24-

hour programming from the College Cable Channel. Imagine, sitting in the comfort of your living room, watching TV and earning college credits. We invite you to watch these Community TV Channels.

Better yet, instead of just viewing TV, what about doing TV? Did you know we offer TV production workshops at no cost? The only requirements are that you either reside, are employed, own property or a business, attend an educational institution or are affiliated with an organization in the cities of Farmington, Farmington Hills or Novi. Call 473-7286 today and register for one of our orientation sessions.



You're thinking...

- a) Do dogwood trees have the best bark?
- b) Can a bird's nest be considered a treehouse?
- c) Whose network of hospitals just branched out again?

At HAP, we've added Beaumont hospitals to our Oakland County network. This builds on our already extensive list of providers including Henry Ford Medical Centers, Providence Hospital and Medical Centers, Botford General Hospital, Crittenton Hospital, St. Joseph Mercy Hospital — Oakland, and Pontiac Osteopathic Hospital. And with Beaumont's reputation for quality health care, HAP now offers more outstanding coverage. We're growing to meet the needs of your family. After all, you shouldn't have to spend a lot of time thinking about health care. That's what we do. For more information, call us at 313-872-8100.

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Minimum cabinet purchase of 12 cabinets is required. Free delivery within Detroit metro area with any cabinet purchase over \$1000. Free sales included.