

Hills resident slated for award Class from page B1

Allan Gelfond of Farmington Hills, senior financial resource development officer of the Jewish Federation of Metropolitan Detroit, has been named to receive the William Avrunin Fellowship in Continuing Professional Education.

The award was established in 1992 in memory of the former executive vice president of the Jewish Federation, who had an intense interest in promoting professional excellence in the

field of Jewish communal service. It is presented to a federation employee who best exemplifies Mr. Avrunin's ideals. Mr. Avrunin died in 1992.

Since 1980, Gelfond has been a member of the federation staff, serving first as assistant director and then as director of its Allied Jewish Campaign fund-raising appeal.

Previously, he was director of professional services at Phoenix

Place and program director of its predecessor organization, Operation Friendship. He also is the former director of group services at the Jewish Community Center.

Gelfond is national president of the Association of Jewish Community Organizations Personnel, an organization of Jewish communal service professionals who work locally, nationally and internationally on behalf of Jewish people.

singing a song about smiling as the class continues.

"Laughing is inner jogging," Lontine says. "We laugh a lot."



Lifting legs: Al O'Connor exercises his leg muscles. At right, instructor Cyndi Lontine shakes hands with her 103 year old student. Pat Pacitti, 105, missed this class due to a doctor's appointment.

Chat Room from page B1.

Your yard as a habitat if it meets four requirements for wildlife, namely: food, water, shelter and a place to raise their young. As I said earlier, you do not need acres of land to do this. No matter the size of the yard, some form of nature will call it home.

Also please get away from lawn and garden chemicals, they are bad for the health of nature and us.

Before starting, you will have to look over your area and decide what you would like to attract. Remember, you have to provide what nature requires and not what you think a particular plant or animal would like. There are many books on the subject, lectures available to attend, plus many garden shows and nature specialists that can help you. One thing you will have to accept is the fact that when you try to attract one form of nature, other varieties come along with it whether you like them or not. If you attract butterflies, you will attract spiders and birds that like to eat them. If you put in a water garden for frogs and fish, you may have snakes and blue herons dining on them. This is all part of the natural world and is as it should be. You will have to educate yourself that the real world of

nature is not made up of fairy tales like Bambi, talking ninja turtles and Disneyland. Nature is a fascinating, educational and beautiful experience if we welcome it into our lives just as it is.

My wife, Judy, and I have been proud owners of a backyard habitat since moving into Farmington Hills. We mainly garden for butterflies and birds which are the easiest forms of nature to attract because they have wings and can fly. You can attract flowers for butterflies and attract them the same day if the plants are in bloom. You can put up a nesting box for birds and have a chickadee or wren check it out the very same day. By the way, a nest box is what most people call a birdhouse. Please remember, people live in houses, not birds. They are only used at nesting season and are not revisited until the next nesting season.

You can turn part of your yard into a wildflower meadow. These seed mixes contain plants that will provide food and shelter for many forms of wildlife. I leave the faded seed heads up all winter as an added food source for birds. A log will provide a home for insects, toads and salamanders. A hollow tree will be appreciated by woodpeckers and owls as a food and nesting area. A

small brush pile will be attractive to birds and rabbits.

One of the newest additions to backyard habitats is water gardening. A pond, with possibly a small waterfall, will add immensely to your area. With wetlands disappearing at an alarming rate, any local amphibian will welcome this place especially at breeding time. I always enjoy the singing of male toads in our pond in the spring. I keep a few small fish around to keep the mosquitoes in check. A water lily or any other variety of pond plants available and you're in business. Again there is a wealth of information on this subject available to get you started. We have paved over, cut down, and polluted so much of this world that we need to put something back. Creating a backyard habitat is one way to do this and the joys of nature, which are free, will reward you for years to come.

For more information on backyard habitat, you can write: National Wildlife Federation, 8925 Leesburg Pike, Vienna, VA 22184-0001.

Joe Derek is the city naturalist for Farmington Hills.

Tips from page B1

An exercise that causes pain is more likely to harm you. Pain during a workout is always an indication that something is wrong and should never be ignored. If you continue to exercise despite pain, you may be making a minor injury worse.

As a rule, drink eight ounces of cold water about five minutes before starting a workout in hot weather. Then drink two to four ounces frequently while exercising to replace the fluids lost through sweat.

Keep these modifications in mind if you suffer from any of these conditions:

Arthritis - Range of motion exercises and exercises to improve muscle strength should be done daily; exercise should not be severely painful; short duration with increasing frequency for least stress on joints; use caution with hand-held weights.

Obesity - Low impact modifications to avoid overstress to hips, ankles, knees. Proper footwear important. Adequate hydration.

Low back pain - Avoid all movement that causes pain, especially hyperextension of back. Emphasize abdominal strengthening and low back and hamstring stretching exercises.

Diabetes - If you experience lightheadedness,

anxiety, or irritability, stop the activity, give yourself an immediate source of sugar such as fruit juice or hard candy.

Hypertension and cardiovascular disease - Have a doctor's approval before you start an exercise program, warm up at least 10 minutes. Do low intensity workouts guided by stress test, avoid isometrics and power lifting exercises that cause tension to hold breath, practice full and proper breathing, gradual and prolonged cool down, at least 10 minutes.

The Farmington Hills senior adult program offers water exercise classes. Water exercise helps improve and maintain the five components of fitness: the cardio-respiratory system, flexibility (water supports the body for ease of movement without joint or impact), strength, endurance level and body composition.

Water exercise burns seven calories per minute with 75 percent of those calories coming from fat. Land based exercise burns 10 calories per minute with 60 percent of those coming from fat. The average person will burn 400-700 calories in a one-hour class.

For more information about exercise courses for seniors, call the William Costick Activities Center at 473-1816.

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Teens can get help losing weight

Weight Watchers is joining the battle against adolescent obesity through a program designed solely to help teens establish lifelong healthy eating habits.

Anyone 10-18 years old can join WW for free with a paying adult throughout the month of October. These teens can continue to attend for free as long as the adult attends paid consecutive meetings.

"Weight Watchers 1-2-3 Success program makes losing weight easier than ever," said Flaura Mark, president and CEO of the WW Group Inc., the largest franchise of Weight Watchers International. "Now teens can eat healthier and lose weight without the hassle normally associated with dieting."

"A serious commitment to a

healthier lifestyle has to be made early in order to maintain a healthy body," continued Mark. "I would like to challenge all parents to use this school year to teach their children healthy eating habits."

Even in today's health conscious society, obesity among our youth is a rapidly growing problem. Whether it's genetics, family patterns of overeating, a high fat diet, too much television or lack of exercise, today's youth are heavier than ever before. During the teen years, boys and girls grow rapidly and need nutritious, well balanced meals to perform their best at school and in sports. Eating properly has a direct effect on their weight, growth and energy level.

"The most important thing you

can do to get your child to eat right is to set a good example," adds Mark.

Before you set out to teach your child good eating habits, take an honest look at your own. Do you eat a variety of foods each day including foods from the fruit and vegetable, bread and cereal, milk, and meat and meat alternative groups?

Do you usually choose nutritious, low-fat foods?

Do you observe regular meal times?

Do you maintain a healthy body weight?

"Studies show that 34 percent of Michigan boys and 33 percent of girls ages 5-19 are overweight. WW charges a one-time fee of \$10 to cover costs of printed materials. Call (800) 651-6000.

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