

Farmington Hills man pens second out-of-body book

BY PAUL R. PAPE
STAFF WRITER

William Buhlman is invited over the world to talk about out-of-body experiences or OBEs.

His first book about his personal experiences, *Adventures Beyond the Body*, has sold 100,000 copies and has been printed in eight different languages.

"It's quite popular in Italy, Germany and France," said Buhlman, who lives in Farmington Hills with his wife, Susan, and twin sons Eric and Alex.

His recently published sec-

ond book, *The Secret of the Soul*, is also gaining in popularity. In it, he writes that he can teach people how to experience OBEs, which, in turn, can help reveal inner truths.

A former sales representative, Buhlman quit his job several years ago after he landed a book deal with Harper Collins. He began to write about the phenomenon in the early 1970s.

Thanks to the popularity of the book, Buhlman's full-time job is traveling the globe talking about the subject, researching and conducting workshops. While Buhlman said he's not out to convert nonbelievers, his enthusiasm about OBEs is

unwavering. He believes the experience can provide answers to the deep and introspective questions every man and woman at one time asks: "Why am I here?" and "What's my purpose?"

According to Buhlman, "We are the actual portals to the answers." Because of advances in medicine, more and more people are reporting OBEs where they see their bodies after being declared technically dead—then brought back to life.

Such OBEs happen with perfectly healthy people as well and many relate their experiences in his new book.

Buhlman admits he was quizzical as a child and his religious upbringing brought about more questions than answers.

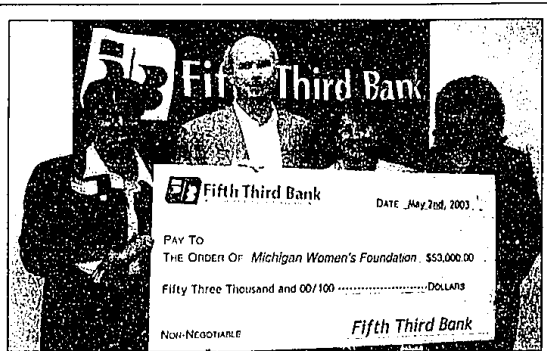
He said his books and workshops are for people interested in exploring another state of mind and letting go of their physical being.

He said religious teachings, where someone comes to witness a divine truth, is much like an OBE.

"This has been going on for years," he said. Ancient religions before the dawn of Christianity, Buddhism and Judaism support the beliefs of self-meditation.

Buhlman said that is why he spent two weeks in Asia training to be a shaman. During the last six years, he has conducted an international OBE survey from his Web site that includes more than 16,000 participants from 32 countries.

The results of the survey are presented in his new book, which is available at local bookstores, Amazon.com and his Web site, www.williambuhlman.com. Also learn more at www.williambuhlman.com.



Fifth Third check

In recognition of its second annual corporate appreciation day, Patrick Fehring, presented a check for \$53,000 to Margaret Talburt. The grant, designated for the Young Women for Change (YWFC) program, established a permanent fund. Pictured left to right are: Donna Murray, Fifth Third Bank's Community Affairs officer; Patrick Fehring, president, Fifth Third Bank; Eastern Michigan University's president, The Michigan Women's Foundation; and Stacy Byers, Fifth Third's senior vice president, Human Resources and Administration. Fifth Third's gift is WWC's first 10-year named award.

RECREATION NEWS

start in June and July. Space is limited and pre-registration is required.

Fridays Night Madness

Kids ages 6-12 can enjoy an evening of swimming, movies, food and organized games 7 p.m. Friday, May 16, June 20, July 26 and Aug. 22. You must pre-register by 4:30 p.m. the day before the event. The fee to participate is \$10 per person, per event.

Summer Fun Centers

Have fun at the Summer Fun Center near you. There are sports activities, arts and crafts, special events and much more. This is free to boys and girls 6-12 years old. The centers are open Monday through Friday starting June 16 at the following times: 9:15 a.m. Forest Elementary and Longacre Elementary; 12:30-3 p.m. Wooddale Elementary and Glendale Park. Registration is required for all participants. In addition, the Fun Center

Mobile Recreation Unit visits various Farmington/Hillman Hills neighborhoods throughout the summer.

3 on 3 Basketball League

Co-ed Basketball Tournament (every week) will consist of an outdoor half-court, no coaches, one court supervisor, up to five players/team with three on the court. Tournament takes place 11 a.m.-2 p.m. every Tuesday, June 17-July 22 at Founders Sports Park. This program has three divisions: 5-6 grade, 7-9 grade and 10-12 grade. Each week the winning team in each division will sign the Tournament Series Golden Ball. The sixth week, winners will compete for the 2003 Summer 3-on-3 Basketball Series Championship Golden Basketball. Participants may register by team or as an individual. Fee is \$30 and includes game, t-shirt and a chance at the gold basketball. Registration deadline is May 30.

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IT ISN'T WATER ON THE KNEE

When you experience knee swelling, you may be told you have "water on the knee." That diagnosis is incorrect. The fluid that accumulates in the knee after injury or inflammation is far more sophisticated than water. That fluid is called synovial fluid. It is present normally in the knee, and exhibits several unique properties. One is viscosity. Knee fluid flows more like oil than like water, and like motor oil. Synovial fluid functions as a lubricant. In the case of the knee joint, the function is to allow the cartilage of the femur and the tibia to glide smoothly over each other with a minimum of friction. Synovial fluid absorbs pressure that comes from a fall, dissipating forces that would otherwise tear cartilage or bone. Synovial fluid also carries nutrients to cartilage cells and carries away waste products from the metabolism of tissues that line the knee joint. Excess fluid develops after injury or inflammation. The pain you feel comes from distention of the knee joint capsule caused by the pressure of the increased fluid. In instances of inflammation, the joint fluid contains white blood cells, and often carries bacteria or gout crystals if such are the cause. Thus, one of your doctor's goals when he identifies a swollen knee is to remove and analyze the joint fluid. Knee fluid is not water, but a tribute to the ingenuity of nature, and another example of the sophistication of our make-up to the smallest degree.

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MAHLE

ANNOUNCEMENT

MAHLE Technology, Inc. has received ISO 14001 certification!

MAHLE Technology, Inc. of Farmington Hills, Michigan is pleased to announce that during 2001, MAHLE Inc.'s senior management team committed to aligning our NAFTA manufacturing operations to the internationally recognized ISO 14001 Environmental Management System standard by 2003.

This company wide ISO 14001 certification will help ensure that reliable processes are in place to improve our performance and meet regulatory and other community requirements.

MAHLE employees feel strongly about protecting the environment of the surrounding community where our facilities operate, thus contributing to a better place to live and work for our employees, their families and our neighbors.

For a copy of MAHLE Technology's environmental policy, please contact the Environmental Department at MAHLE Technology, Inc.

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CITY OF FARMINGTON HILLS

NOTICE OF PUBLIC HEARING

PROPOSED FISCAL YEAR 2003-04

GENERAL FUND, SPECIAL REVENUE AND DEBT SERVICE FUND BUDGETS

In conformity with Article VI, Section 0.04 of the City Charter and Section 10 of the Uniform Budget and Accounting Act (MCL 141.400), notice is hereby given that a public hearing will be held at 7:30 p.m. on June 10, 2003, in the Council Chambers, 31655 West Eleven Mile Road. All interested persons will be provided an opportunity to present oral or written comments regarding the following proposed 2003-04 General Fund, Special Revenue Funds, Debt Service Funds, Capital Improvement Fund and Enterprise Fund Budgets, Fiscal 2003-04 budgets and the 2003 Property Tax Rate will be adopted at the Council meeting on June 10, 2003.

2003-04 PROPOSED GENERAL FUND BUDGET

REVENUES	
Property Tax Revenue	\$28,909,000
Grants	185,000
State Shared Revenue	7,033,000
Licenses & Permits	1,083,900
Charges for Goods and Services	3,548,000
Interest Income	600,000
Recreation Fees	2,216,531
Fines & Forfeitures	2,075,000
Contribution From Other Funds	854,540
Appropriation From:	
Designated Fund Balance	2,850,000
Undesignated Fund Balance	322,016
	49,745,987
EXPENDITURES	
General Government & Administration	7,331,522
Boards & Commissions	614,250
District Court	2,621,314
Library	3,060,092
Police Department	14,555,724
Fire Department	4,213,996
Special Services	6,431,178
Public Services	6,975,915
Interfund Transfers	2,850,000
	49,745,987

The property tax millage rate proposed to be levied to support the proposed fiscal 2003-04 budget, will be subject of this hearing and is allocated as follows:

General Operating	7.5708
Drain and Capital	0.3916
Debt Within Charter	0.7932
Voted Parks	0.4888
Voted Public Safety	0.8780
Total Proposed Fiscal 2003-04 Tax Rate	10.2221

The City has authority to levy this millage through the charter or voter approval.

A copy of this information, the entire proposed budget and additional background materials are available for public inspection, starting on May 12, 2003, at the City Clerk's Office, City Hall, 31655 W. 11 Mile Road, Farmington Hills, and on May 12, 2003 from 8:30 a.m. to 4:30 p.m. weekdays; at the Farmington Hills Branch Library, 32737 W. 12 Mile Road, Farmington Hills, from 9:00 a.m. to 9:00 p.m., Monday through Thursday, and 9:00 a.m. to 6:00 p.m. Friday and Saturday; and 12:00 p.m. to 6:00 p.m. Sunday; also at the Farmington Branch Library, 23600 Liberty Street, Farmington, from 9:00 a.m. to 8:00 p.m. Monday through Thursday and 9:00 a.m. to 6:00 p.m. on Friday and Saturday and 12:00 p.m. to 6:00 p.m. Sunday.

KATHRYN A. DORNAN, City Clerk

Published: June 1 and 8, 2003 and June 9, 2003

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