

YMCA highlights

The Farmington area YMCA provides a variety of services for youth and adults in the community. Further information may be obtained by calling 553-4020 between 9 a.m. and 10:30 p.m. daily.

FOUNDERS FESTIVAL RUN — The Founders Festival Run will be held July 31 at the Farmington YMCA (26100 Farmington Road, north of 12 Mile). The race features nine different classes of runners with runners that include 5K and 10K. Stop at the Y for entry forms. Race time is 7:15 for 5K and 7:45 for 10K.

BOB LO ISLAND TRIP — Middle School kids have a blast this summer and join the fun with the Farmington YMCA on a trip to Bob-Lo Island. The trip includes admission to the park and transportation. Still openings for the July 28 trip. Contact the Y at 553-4020.

SUMMER CAMP FANTASTICS — Still a few openings in the YMCA resident and in-house day camps. Kids enjoy activities such as archery, crafts, BB guns, games, swimming in a learning fun environment. Contact Vic at the YMCA as soon as possible.

P.A.L. CAMPS — This camp is for the enrichment of youngsters ages 3 1/2 to 4 years old. Camp gives your youngster the individual attention of trained instructors in such activities as games, music, arts and crafts as well as swimming instruction. Sessions are held for one week session at one time.

KIDDIS CAMPS — Kiddie Camp is an action fun camp with group play, outdoor education, music, art, games and swimming. Enough action for your youngster to follow. All kids should bring a sack lunch from home along with their swim suit. Registration is limited to the first 16 registrants. Weekly sessions run from Monday through Friday.

TENNIS — Sign up now to improve your tennis skills or pick up the game in short nine sessions. Guaranteed to improve your play. Classes run Monday through Thursday in a convenient two week session. Fee for members is \$16 and \$24 for non-members. Session three begins July 19 to July 30. Youth beginners, 9-10 a.m.; youth intermediate, 10-11 a.m.; adult beginner 11 a.m. to noon.

JUDO — Learn the method of self defense developed in the Orient. Judo has become so popular that it was made an Olympic sport in 1964. Contact the Y at 553-4020. Beginners, Tuesday, Friday and Saturday. Instructor, Ray Tibodeau.

GIRLS BASKETBALL CAMP — Don't miss the chance to sharpen your skills for the upcoming season. Precondition yourself and learn the secrets of ball handling, dribbling, etc. Grades 7-12. Fee for members \$18 and non-members \$25. Dates: July 28-30; time: 1:30-4:30 p.m.

Coping with cancer is hospital subject

A patient education program designed to help people to cope with cancer and its therapies is being offered at Harper-Grace Hospitals, Harper Hospital Division, Detroit, through the efforts of American Cancer Society volunteers.

The "I Can Cope" program series which was developed at North Memorial Medical, Minnesota, will be presented on eight consecutive Wednesdays, Aug. 4 through Sept. 22, from 6:30-8:30 p.m. at Harper Hospital, 3900 John R, Detroit. Upjohn Healthcare Services is

providing additional funding assistance to initiate "I Can Cope" programs in various locations in the tri-county area.

The objectives of the patient education program are threefold: to increase the cancer patient's knowledge of the disease, to increase the cancer patient's control over his/her life, and to decrease the anxiety the cancer patient feels about the disease.

The program will be led by Gwen MacKenzie and Nancy A. Weber, clinical nurse specialists in oncology at Harper Hospital Division, and Josephine E. Wharf, patient educator at Upjohn Healthcare Services.

The weekly class sessions help participants increase knowledge about physical anatomy, cancer, potential health problems that may arise, nutrition,

community skills, stress awareness, physical fitness, utilizing community resources, and the essential role patients play in their own treatment.

Guest instructors include an oncologist, dietitian, medical social worker, physical therapist and occupational therapist from Harper, as well as community resource professionals.

Cancer patients and family members can register for the "I Can Cope" course by calling Evonne Braefield at 494-9062 or the American Cancer Society at 557-5353. There is no fee, but class size is limited and participants are expected to attend every class session. Persons interested in courses held at other tri-county locations should inquire at the American Cancer Society by calling 557-5353.

Y director resigns post

YMCA Executive Director Gary L. Uruh will be leaving the Farmington YMCA. He will become vice president of marketing, membership and branch operations for the Metropolitan Branch YMCA.

He will be succeeded by Kevin Bush who has been the assistant executive for two years.

Uruh came to Farmington 10 years ago when the local branch was located at Grand River and Drake Road. The YMCA offices were housed in a nine-room farmhouse that had been loaned to the Y by Norm Lawton. In 1972, under the leadership of Robert Chesley, a 1,200 square-foot A-frame was constructed on 12 acres of land at Farmington and 12 Mile roads. Relying on community facilities, the Y continued to expand its services and programs.

Uruh, with the help of Allan Kenson, John Clappison and Floyd Cairns, began planning for a full-service facility. In 1980 the doors to a 38,000 square-foot facility were opened. The facility is one of the most comprehensive in the state with a 25-meter pool, double gymnasium, running track, courts, weight room and health center.

During the past 10 years, the membership has grown from 1,700 to 9,000 members. The program offerings have increased from 45 to more than 200 every seven weeks.

SHHH!

PRIVATE SUMMER SALE

July 15 - 17

10% to 50% OFF

Fine European Fashions

L'UOMO VOGUE

29475 Northwestern Hwy. • North of 12MI.
Park West Plaza • 332-7650



- Reduce Energy Costs
- 15% Tax Break

Replacement Windows

Residential • Commercial

25%
OFF EA. WINDOW
MIN. 3
WINDOWS
WITHIN
AD. TRU
\$1-2

- Vinyl • Aluminum
- Beautifies your home
- Commercial Quality
- Custom Fit
- No Mess Installation
- Manufacturer's Guarantee
- 10% Sr. Citizen Discount

Northern Window Products
23629 Liberty
Farmington 471-4007

GRAND OPENING



The Paperback Outlet

NOW Great Reading at Great Prices

at our two new locations in Southfield and Livonia

We have thousands of:

NEW BOOKS..... 15% DISCOUNT
USED BOOKS... UP TO 75% OFF RETAIL
NEW COMICS..... 10% DISCOUNT

RENTALS - USED COMICS - TRADES

FREE BOOK WITH FIRST \$1.00 PURCHASE

LIVONIA
18778 MIDDLEBELT
JUST SOUTH OF SEVEN MI.
MIDDLEBELT PLAZA
471-4742

SOUTHFIELD
29289 SOUTHFIELD
NORTH OF 12 MI.
IN FARRELL'S SHOPPING PLAZA
559-3780




WIGGS SUMMER SALE!

Storewide Savings!

WHY PRE-PLAN YOUR FUNERAL NOW?

Here's why—

- FREEZE FUNERAL COSTS FOREVER**
Funeral charges are frozen at TODAY'S PRICES. Protect against tomorrow's higher prices.
- GUARD AGAINST INFLATION**
Who knows about where inflation will end? An inflation-protected funeral pre-paid plan holds today's prices.
- SAVE—AS YOU SPECIFY**
Guard against over-spending. Specify only what you wish to spend.
- PREVENT FAMILY PROBLEMS**
Save them the burdens of decision during times of stress.
- GET PEACE-OF-MIND**
You don't have to pre-plan your funeral—but it's a good feeling knowing it's done and your family won't have to worry.
- PUBLIC AID EXEMPTIONS**
If you ever plan on public aid or supplemental Social Security, set up your funeral pre-paid plan IN ADVANCE, so as to be claimed at least partially exempt. See us for details.



WILL FUNERAL HOMES

REDFORD 25158 Plymouth 4329
LIVONIA 3069 Six Mile Road 4812

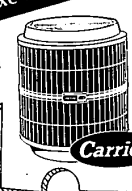
937-3670

Send for FREE Booklet

We want to know more about your _____ Name _____

INFLATION-PROTECTED FUNERAL PRE-PLAN _____ Address _____

City _____ Phone _____



Carrier HEAT PUMP

\$300 Rebate on Deluxe Heat Pump System*

SOLVES THE ENERGY PUZZLE

Carrier is number one, the leader in the development of the heat pump. The Carrier Heat Pump is designed to give top performance in Michigan.

Save 20% on Heating Costs

Many exclusive features:

- HIGH EFFICIENCY AIR CONDITIONING
- Winter heating for much less
- Only heat pump designed for northern climates
- Night setback thermostat for greater savings.
- Filtered air for your home
- Carrier quality construction

*Round Heat Pump and 5855 Gas Furnace — Offer expires August 31

TRU TEMP

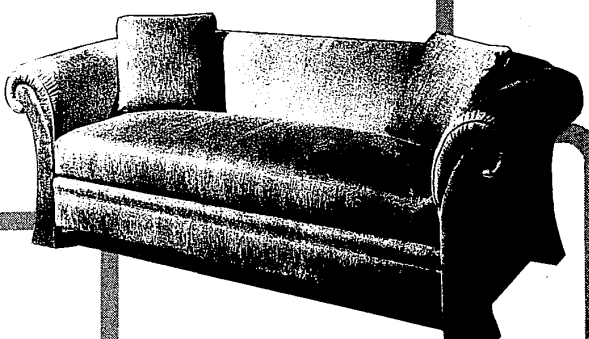
Heating & Cooling, Inc.
30469 Ford Rd. — Garden City
427-6612 or 477-5800
Farmington

For a free estimate call today

Carrier... for Comfort & Savings

Absolutely Marvelous Values:
Complete Henredon Upholstery Collection


Our entire Henredon Gallery collection of fine upholstered Sofas, Loveseats and Chairs is on sale, affording a grand opportunity to choose exquisite designs from this prestigious manufacturer. Henredon combines fine craftsmanship with innovative style, offering upholstered furniture in a wonderful variety to enhance your decor. Sale ends 9/1/82.



Sofas from \$999 to \$2,749

Loveseats from \$849 to \$2,399

Chairs from \$499 to \$1,249



All sale prices honored on in-stock and custom orders.

Choose from our excellent fabric selection. Our Interior Designers will help coordinate your choices free of charge...just one of the many services we offer.

Visa • Mastercard • American Express • Wiggs Charge
Telegraph at Long Lake Rd. (18-Mile) Bloomfield Hills
open Monday, Thursday & Friday 'til 9 • 644-7370