community calendar

● **VACATION BIBLE SCHOOL**
Monday-Friday, July 23-27: Vacation Bible School, for children from 3 years to 6th grade 9:30-11:45 a.m. each day in Covenant Baptist Church, 5800 Maple Road, west of Orchard Lake Road. No charge. School offers Bible stories, music, crafts and recreation with the theme "Jesus Is My Answer."

● **VACATION BIBLE SCHOOL**
Monday-Friday, July 23-27: Vacation Bible School for those from 3 years through senior high school, 7-8:30 p.m. each evening in Central Church of Christ, 35500 11 Mile. No charge.

● **NIGHT UNDER THE STARS**
Tuesday, July 24: Martha Schaeffer from Cranbrook Institute leads "A Night Under the Stars," explaining the mysteries and myths of the summer sky, at 8:30 p.m. in Farmington Community Center and on the grounds. Participants are invited to picnic on the grounds 6:30-8:30 p.m. before the program. Fee is $3 each, or $6 for a family, payable with in-person registration in the center on Farmington Road north of 10 Mile.

● **COMMISSION ON AGING**
Tuesday, July 24: Farmington Area Commission on Aging, regular monthly meeting, begins at 7:30 p.m. in Farmington City Hall, Grand River, west of Farmington Road. Open to all interested persons.

● **STRESS MANAGEMENT**
Wednesday, July 25: "Stress Management," two-session workshop, begins at 7:30 p.m. with Dr. David Wartel in Farmington Community Center. Fee of $12 payable with in-person registration in the center on Farmington Road north of 10 Mile.

● **WELCOME COFFEE**
Thursday, July 26: Welcome coffee for all new residents, sponsored by Farmington-Farmington Hills Welcome Wagon Club, at 10 a.m. in one of the member's homes. Interested persons are invited to call Barb Mitchelson, 661-4049.

● **SHRINERS MINI CLINIC**
Saturday, July 28: Shriners Hospital for Crippled Children Mini-Clinic, for those from 1 month to 18 years who need help with burns or any muscular or bone problem, from 10 a.m. to 2 p.m. in Farmington Masonic Temple, Farmington Road and Grand River. No charge. Clinic sponsored by Greater Farmington Shrine Club. Inquiries taken by Ken Sherman, 533-5498.

● **HOME COMPUTERS**
Monday, July 30: "Selecting a Home Computer," program by John Hill of Computer Connection, at 7:30 p.m. in Farmington Branch Library, 23500 Liberty. No charge, but reservations are requested by calling the library, 474-7770.

● **RESUME WRITING**
Tuesday, July 31: Resume Writing, two-part workshop, begins at 7:30 p.m. in Farmington Community Center. Fee of $15 payable with in-person registration in the center on Farmington Road, north of 10 Mile.

● **MOM-TOT WORKSHOP**
Tuesday, July 31: Mothers and tots work together to create a clay pot in workshop headed by Laurel Slagle from 9:30 a.m. to noon in Farmington Community Center. Registration information given by calling the center, 477-8404.

● **TOTS NATURE WALK**
Wednesday, Aug. 1: Nature Walk with Laura Slagle through the nature trail on the grounds of Farmington Community Center for 3-6-year-olds, from 9:30 p.m. to noon. Fee of $5 payable with in-person registration in the center on Farmington Road north of 10 Mile Road.

● **STONEWARE SITTING**
Thursday, Aug. 2: Stoneware figures to set in plants created in one-session workshop from 9:30 a.m. to noon in Farmington Community Center with instructor Laura Slagle. Registration information given by calling the center, 477-8404.

● **SCOLIOSIS CHECK-UP**
Monday-Friday, Aug. 6-10: Free check-ups for scoliosis, (lateral curvature of the spine) from 9 a.m. to 7 p.m. each day in Alliance Chiropractic Health Clinic, Suite 4, 31690 12 Mile Road. Appointments are necessary, made by calling the clinic, 553-3080.

Clinic offers free scoliosis check-ups

Residents of western Oakland County may receive a free checkup for scoliosis, lateral curvature of the spine, by Dr. Phillip Carlini who has opened the Alliance Chiropractic Health Clinic at 31690 W. 12 Mile, Suite 4 in Farmington Hills.

The check-ups are offered from 9 a.m. to 7 p.m. Monday through Friday, Aug. 6-10, by calling the clinic, 553-3080, for an appointment.

About eight percent of school-age children suffer from varying degrees of scoliosis, according to national surveys. More and more alarmed school officials urge parents to have their children checked early for spine abnormalities. Scoliosis is eight times more common in girls than boys.

"Significant strides have been made in recent years in treatment of scoliosis, thanks greatly to early diagnosis and improved corrective measures," says Dr. Carlini. "Many schools now are starting to check children for signs of spinal problems, and this awareness is beginning to pay off. Early diagnosis is the real key."

Dr. Carlini, who specializes in scoliosis treatment, often lectures on this ailment at schools, churches, and before other community groups. He has installed the latest scoliosis detection and treatment equipment in his new clinic.

Lectures on scoliosis and chiropractic also are conducted by Dr. Carlini and his staff at the clinic.

"With the increasing interest in physical fitness, particularly in jogging, weight lifting, aerobics and similar activities, it becomes increasingly important for active people to learn more about what their bodies can do, or can't do," he cautions. "A checkup can spot possible problems. That's the most important first step."

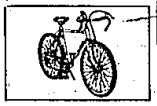
Dr. Carlini has attended several schools for studies in the fields of science, including the International School of Torino in Italy, and the International School of Leysin, in Switzerland. He is a graduate of Sherman School of Chiropractic, in South Carolina, a diplomate of the National Board of Examiners, and also is licensed in Indiana. He holds an associate degree of science and chemistry from Oakland Community College. He is a native of Farmington Hills.

Violet lovers form club

Walt Maurus, the Livonia resident who sold African Violets in a garage sale to attract the attention of others who grew the plants, had a successful sale on two counts.

Maurus not only sold an unusual number of plants, but also gathered the names of about 20 people interested in forming a club for the purpose of learning more about growing African violets.

Persons interested in learning where the next meeting is to be held are invited to call Maurus at 425-5376.



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Arthur Bardey
Joseph S. Wattenberg
Rheumatology
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Livonia, Michigan 48152
Phone 476-4340

DIET AND GOUT

The relationship between diet and gout is well known. Then why do doctors make extra point of instructing the patient on a proper diet when treating gout?

Uric acid is the substance that is responsible for gout. When the uric acid level in the blood gets higher than the body's ability to excrete it, the excess uric acid crystallizes. When these crystals are near joints, inflammation results, causing the pain and swelling recognized as gout. Certain foods contain high amounts of proteins that the body eventually breaks down to uric acid. Taking these foods with alcohol makes gout more likely, since alcohol inhibits the kidneys from ridding the body of excess uric acid.

Today, physicians have a number of excellent drugs which can control gout without resorting to dietary limitations. Of course, eating and drinking in moderation are good habits. But for preventing, or ending, an attack of gout, modern medicine is more successful.

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