

# community calendar

**PAL**  
Monday through Friday Aug. 27-Sept. 7: Screenings for PAL (Potentially Able Learners), a preschool program for the advanced child supplemented with a class for parents, in Fairview Early Elementary Center, 28500 Oak Crest. Appointments are necessary, made by calling the center, 828-8355.

**SHOW OF FURS**  
Monday through Wednesday, Aug. 27-29: Informal modeling of fur designs by Kip Rickard during regular store hours in Ray & Ida's Boutique, Applegate Square, Inkster and Northwestern Highway.

**CHIROPRACTIC UP CLOSE**  
Monday, Aug. 27: "Chiropractic Up Close," program led by Dr. Svein Benestad and Dr. Michele Connolly at 7 p.m. in Farmington Hills Branch Library, 12 Mile Road, east of Farmington Road. No charge.

**VACATION BIBLE SCHOOL**  
Monday through Friday, Aug. 27-31: Vacation Bible School for children from 4 years and up runs from 7:30-8:30 p.m. in Farmington Hills Corp. Salvation Army, corner of Shawansee and Inkster. No charge. Pre-registration is not necessary. Inquiries taken by calling the corps, 477-1155.

**ADULT HIGH SCHOOL**  
Monday, Aug. 27: Registration is taken for adults who have not completed high school from 9 a.m. to 3 p.m. weekdays in Ten Mile Community School, 10 Mile Road, east of Farmington Road. Classes are free. Babysitting is available for those attending daytime classes.

**HOCKEY CLUB**  
Tuesday and Wednesday, Aug. 28-29: Registrations for Southfield Hockey Club, 7-9 p.m. in Southfield Parks and Recreation Building, Southfield Civic

Center, 26000 Evergreen Road, between 10 and 11 Mile Roads. Open to all youth 4-18 years. Team tryouts run from Sept. 4-11.

**CARICATURE ARTIST**  
Tuesday, Aug. 28: Artist will draw patrons' caricatures from 9 a.m. to midnight in McFrocks, 12 Mile Road and Orchard Lake Road, for 45 donation, in one phase of month-long fundraiser to benefit Michigan Humane Society.

**HOMEARAMA**  
Friday, Aug. 31: "Homearama" show of 12 homes of various architecture sponsored by Builders Association

of Southeastern Michigan, open from 1-11 p.m. weekdays, and from 10 a.m. to 11 p.m. weekends and Labor Day, in Farmington Brook subdivision, on the east side of Haggerty, between 13 and 13 Mile roads. Admission is \$3 at the door. Show continues through Sept. 16.

**ROUND UP**  
Monday, Sept. 3: Annual Labor Day Round-Up in Franklin Village with parade, midway games, food, horse show, art-on-the-green, all day in downtown Franklin. Anniversary theme this year is "Round-Up 40 Years."

**MONTESSORI VISITING DAY**  
Tuesday, Sept. 4: Montessori Visiting

Day for guests to view preschool and kindergarten classes from 9:30-11 a.m. and from 1:30-3 p.m. in Farmington Hills Montessori, in Mercy Center, on 11 Mile Road, east of Middlebelt. Inquiries taken by Arlene Ross, 648-3024.

**AAUW POT LUCK**  
Wednesday, Sept. 5: American Association of University Women, Farmington Branch, open the season with an international potluck dinner for old, new and prospective members at 7 p.m. in First Presbyterian Church of Farmington, Farmington Road and 11 Mile. No charge. Interested newcomers are invited to call Doris Gaston, 358-8162.

**AEROBICS**  
Wednesday, Sept. 5: "Fitness for Health Aerobics," twice a week classes from 4:30-5:30 p.m. offered through the fall on a drop-in basis for \$2 per class in Botaford Hospital's Administration and Education Building, 28030 Grand River. Inquiries taken by calling the hospital, 471-6090.

**YARD SALE**  
Friday and Saturday, Sept. 7-8: Yard sale sponsored by Farmington Order of the Eastern Star, from 9 a.m. to 4 p.m. Friday and from 9 a.m. to 1 p.m. Sunday in Farmington Masonic Temple, corner Grand River and Farmington Road. Crafts and refreshments also on sale.

## Chiropractors lecture tonight

Chiropractors Dr. Svein G. Benestad and Dr. Michele M. Connolly bring a program called "Chiropractic Up Close," much of it concerning back problems, at 7 p.m. Monday, Aug. 27 in Farmington Hills Branch Library, on 12 Mile Road, east of Farmington Road.

Guests are invited to view a 30-minute video tape explaining the basics of chiropractic and a discussion. Benestad and Connolly will give information on prevention of spinal problems, rehabilitative exercises, general nutritional advice and proper lifting procedures. They will also explain the use of diagnostic x-rays pertaining to chiropractic.

The two have researched statistics which show that 72 million Americans suffer some kind of back problem; 2 million of this number cannot work because of the difficulty. About 80 percent of all Americans will suffer sometime in their life because of back pain, and 20 percent of all work-related injuries involve the back.

"Back pain has become the most expensive ailment in the 30-40 age group," Connolly said. "Up to \$14 billion is spent annually by patients with back problems and insurance claims from these persons average about \$6,500."


Connolly said much pain could be averted and money could be saved if the backache was not ignored early on when the discomfort was only slight.

"As the pain worsens, the condition is gradually degenerating into a severe ailment," she said. "These ailments have been the ones most difficult to successfully treat, but a vast majority of them can be treated successfully with chiropractic techniques and diagnostic aids."

As for the techniques used in her profession, she says, "The general level of knowledge among consumers is shockingly low."

"Chiropractic Up Close" is given by Benestad Chiropractic Centre. There is no admission charge. Pre-registration is not necessary.

**SUPER QUICK DELI BUFFET**  
WED. & FRI. 11:30AM-1PM



WED. Carved Roast Beef Sandwich plus Ham and Turkey  
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**OPEN HOUSE**  
WED. AUG. 29  
7 P.M.

*Bloomfield - Maples*

**MONTESSORI**  
6201 W. Maple, West Bloomfield, 1 Mi. E. of Henry Ford Hospital

- OPEN 7:30-5:30
- Ages: 2 1/2-6 Year Olds
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**Arthritis Today**  
Joseph J. Weiss, M.D., Rheumatology  
20317 Farmington Road, Livonia, Michigan 48152  
Phone: 478-7860

DR. WEISS


**WILL I ALWAYS BE CRIPPLED?**  
Often patients reply with such a comment when I tell them that the ache, fatigue, and joint swelling they are suffering indicates arthritis. Because it has been so long since the individual has felt well, he or she believes that they will be burdened forever with their present pain and limitations, that is not true.

First, arthritis, besides having flares, has its remissions. The individual can look forward to feeling well as part of the natural ebb and flow of an arthritic condition.

Second, treatment exists which is effective. In most instances, in controlling the pain and loss of joint function. A combination of heat, rest, medications, and joint injections usually can restore the individual to a tolerable, even pleasant daily life.

Third, the individual's state-of-mind plays an important role in determining what that person can accomplish despite having an arthritic condition. If one is convinced that he or she cannot succeed, then such will be the case. However if the person makes plans and takes on responsibilities while accepting the limits their arthritis necessitates, then achievement and personal satisfaction will continue.

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Orchard Lake Rd. at 12 Mile  
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Health Promotion Dept.  
**471-8090**

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**botsford hospital**  
an osteopathic institution serving the community

**Fitness For Health: Aerobics**  
• Starts Wednesday, September 5  
• Session runs 8 weeks  
• Classes held Monday/Wednesday from 4:30 pm - 5:30 pm  
• \$2.00 per class

**Cardiac Management**  
• Starts Tuesday, September 11  
• Session runs 5 consecutive Tuesdays  
• Class time 7:00 pm - 9:00 pm  
• Program cost \$40.00

**The Smokeless System**  
• Free introductory sessions  
Monday, September 17  
Tuesday, September 18  
• Session runs 4 consecutive days plus 2 maintenance sessions  
• Class time 7:30 pm - 8:30 pm

**Stress: A Personal Growth Experience**  
• Starts Tuesday, October 16  
• Session runs 4 consecutive Tuesdays  
• Class time 7:00 pm - 8:30 pm  
• Program cost \$40.00

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