

club circuit

STRIKING SINGLES invite singles to join a spring bowling league that will wind up with an end-of-the-season parties in May and July. Information is given by calling Midwest Bowling Promotions, 427-1808. Leagues are bowling now in 11 locations throughout the metro area, and more will be formed. Non-bowlers as well as experienced bowlers are welcome. Not singles join individually and are placed on teams.

AMPUTEE SUPPORT AND SERVICE GROUP meets at p.m. today in Wright & Phillips Building, 15385 11 Mile Road, Warren. The group is facilitated by Stanley Skoczko, who can be reached at 772-8488.

The group was formed a year ago this month by Farmington Hills resident Beverly Cornell and now has branches in six localities. A seventh branch is meeting for the first time in Jackson, in April.

Cornell was voted "Professional Handicapped Woman of the Year" for the Detroit Metro area and has since won the same title in the Michigan-

diana District of the competition. She is now a contender for the national title.

HILL AND DALE GARDEN CLUB meet at 8 p.m. today in Farmington Hills Branch Library. Program for the evening is called "A Walk Through Your Home in Dried and Silk Flowers." Guest speaker for the evening is Lute Moore, an instructor in flower arranging in Farmington Community Center. The club's nominating slate for the 1985-86 season lists Marylou Seiden as president, and Dedee Swan, Betty Gurtowsky and Sandra Donlon as vice presidents.

LAMAZE CHILD BIRTH EDUCATION ASSOCIATION OF LIVONIA has scheduled three series of birth preparation classes for the spring.

Classes begin at 9 a.m. Saturday, March 16 in Holy Cross Lutheran Church, 30830 Six Mile Road, Livonia; at 7 p.m. Tuesday, April 2 in St. Alexander Catholic Church, 37323 Shawwassee, Farmington Hills; and at 7 p.m. Thursday, April 4 in Holy Cross Lutheran Church.

Registration and inquiries are taken by calling the association at 592-8818. Fee is \$35 per couple for the six week series.

The association also offers a free class on breastfeeding, and for those expecting a Caesarian delivery, at 7 p.m. Monday, March 18 in St. Matthew United Methodist Church, 50900 Six Mile Road, Livonia.

DETROIT STORY LEAGUE meets at noon Saturday, March 16, in United Redford Methodist Church, 21400 Grand River, Detroit. Guests are welcome to the meeting and may call the hostess, Sylvia Rozak, 531-1327.

Storytellers for the day are Bruce Smith of Clarkston, Barbara Schurz of Ann Arbor, Jan Kisman of Allen Park and Louise Chase of Livonia.

The service organization responds to requests for storytelling engagements by calling Roberta Bulough of Livonia, 464-7084, or Ruth Kroepel of Farmington, 477-5522 evenings only.

BEREAVED PARENTS meet at 8 p.m. Monday, March 18, in Newman House, Schoolcraft College Campus, 17300 Haggerty Road.

The self-help group is comprised of parents who have lost a child. Raymond or Gloria Collins will take calls for information or assistance, at 348-1857.

LALECHE LEAGUE, Farmington-Southfield Chapter, meet at 7:30 p.m. Tuesday, March 19, in the Southfield home of Terri Robinson, 26838 Emmett. The meeting is open to all area women interested in breastfeeding their babies.

Inquiries are taken by Robinson, at 353-0512.

WOMEN OF NORTH FARMINGTON have planned their second annual Mother-Daughter Banquet Tuesday, March 19, in Farmington Country Club. The banquet begins at 6 p.m. with cocktails. A magician will provide after-dinner entertainment.

Membership inquiries are taken by Arlene Sudkamp, 851-4915.

ALPHA CHI OMEGA SOBRORITY, Alpha Omega Alpha Chapter, meets at 12:30 p.m. Tuesday, March 19, in the home of Ann Bakeman. Program for the afternoon is called "Understanding the Human Computer - The Brain."

DAUGHTERS OF THE AMERICAN REVOLUTION, Quakertown Chapter, meet at noon Tuesday, March 19, in the home of past regent Mrs. Don F. Fairchild, Mrs. Neil W. Heard will preside. Program for the day is a skit, staged

by the members, called "Anecdotes of Our Early Forebears." Members will also be bringing items to the meeting which will be put in their spring garage sale.

FARMINGTON GENEALOGICAL SOCIETY meets at 7:45 p.m. Tuesday, March 19, in Farmington Branch Library, State and Liberty streets. The meeting is open to all persons interested in genealogical research.

Speaker for the evening is Fr. Fred Klenner from St. Kevin Catholic Church in Inkster. His topic is "Collecting Catholic Church Records."

FARMINGTON FAMILIES IN ACTION meet at 9:30 a.m. Wednesday, March 20 in Farmington Community Center, 4705 Farmington Road. The meeting is open to all area residents interested in combating alcohol and drug abuse in the community.

All club news and announcements for this column are to be addressed to: Club Circuit, Farmington Observer, 33203 Grand River, Farmington 48024. The information must arrive before noon on the Monday before Thursday publication.

Visual fitness includes several vision skills

In the wake of 1988 Olympic games, literally thousands of Americans of all ages and abilities swarmed to health clubs, gyms, classes and local sport centers.

Interest in sports achievement and physical fitness hit an all-time high. Six months and a year later, youngsters and adults still benefit from an emphasis on physical fitness.

In a Save Your Vision Week message, Dr. Joseph D. Cindler, president of the Michigan Optometric Association, stresses that "visual fitness" can be as important as physical fitness when individuals take part in competitive sports.

"Visual fitness includes a number of interrelated vision skills, from the ability to see sharply and clearly at a distance to a skill known as visualization," Cindler said. "It includes peripheral vision, which is vision to the sides, depth perception and vision pursuit."

"Just as there are ways to improve

fitness through exercise and practice, there are ways to improve visual fitness as well," Cindler said.

Optometrists point out that almost everyone can improve sports skills by practicing systematically visualizing of their goal while using their eyes to concentrate on the ball. The phrase "concentrate on the ball" should be interpreted as "visually concentrate on the ball," but mentally concentrate on your goal, whether it be the distance of a pass, the direction of a hit or the speed of an approaching ball.

Doctors of optometry, who specialize in sports vision, work with athletes recommending the proper prescription lenses and/or design programs of vision training to maximize visual skills to improve performance. By seeking thorough optometric care on a regular basis, athletes can take a step toward improving their performance as well as the quality of other aspects of their lives affected by vision.

Artists invited to exhibit

Area artists are invited to exhibit and sell their original works of fine art in "Art in the Square," scheduled for Saturday-Sunday, June 23-24, in Applegate Square. The shopping center is on the corner of Northwestern Highway and Inkster Road.

Artists may write to Art in the Square, P.O. Box 2360, Farmington Hills 48018.

Luau served

A Hawaiian luau begins at 6:30 p.m. Friday, March 15, in Holiday Inn-Metro Airport holdome to raise funds for Cystic Fibrosis Foundation.

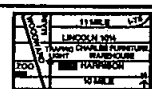
Buffet dinner, dancing to the music of Family Portrait, swimming, games and champagne punch are on the evening's agenda. Tickets are \$30, or \$50 per couple available by calling the foundation, 552-9616, from 9 a.m. to 5 p.m. weekdays.

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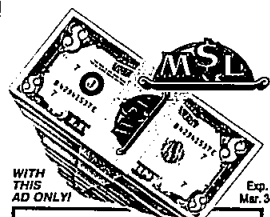
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