

club circuit

FARMINGTON AMERICAN LEAGION, Groves-Walker Post 348, and its auxiliary meet at 8 o'clock in the post home.

FARMINGTON GARDEN CLUB meet at noon Monday, Oct. 7, for a business meeting and a program on orchids given by Michael Courtney.

Guests are welcome to call 353-2531 for reservations.

AMPUTEE SUPPORT AND SERVICE GROUP, Farmington Hills Chapter, meet at 7:30 p.m. Tuesday, Oct. 8.

Award-winning stylist opens new salon here

Award-winning hairdresser and cosmetologist Sonny Stewart is co-owner of a new Hair Performers salon at 29888 Orchard Lake Road.

Barbecue is planned

Detroit Country Day School invites the public to attend a Scholarship Celebrity Barbecue from 10 a.m. to 6 p.m. Sunday, Oct. 20, at the main campus, 13 Mile and Lahser, Beverly Hills. Proceeds will benefit the school scholarship fund.

Hot and chicken dinners will be open pit barbecued and served under the tent or from a drive-through carryout service. Area celebrities will greet patrons. Entertainment includes circus calliope, band and bagpipe music, clowns and mimes.

Dinners are \$5 for chicken or \$7 for ribs.

NOTICE OF ELECTION OF THE QUALIFIED ELECTORS OF THE CLARENCEVILLE SCHOOL DISTRICT OF OAKLAND AND WAYNE COUNTIES, MICHIGAN FOR THE SPECIAL ELECTION OF OAKLAND SCHOOLS INTERMEDIATE SCHOOL DISTRICT TO BE HELD ON OCTOBER 7, 1985

TO THE QUALIFIED ELECTORS:

PLEASE TAKE NOTICE, that a Special Election of the qualified electors of Clarenceville School District, a constituent school district of Oakland Schools Intermediate School District, will be held in Clarenceville School District of Oakland and Wayne Counties, Michigan, on Monday, October 7, 1985.

The polls of election will be open from 7:00 a.m. to 8:00 p.m., local time.

The places of voting shall be as follows:

Precinct 1: Clarenceville Junior High School
2210 Middlebelt Road
Livonia, Michigan 48153

Precinct 2: Clarenceville Senior High School
20155 Middlebelt Road
Livonia, Michigan 48153

Only registered voters are eligible to vote.

TAKE NOTICE, that there will be submitted a millage proposition increasing the millage limit on the annual property tax levied for special education in the said Intermediate School District (by) mill (seventy-five cents \$75.00) per \$1,000 of the assessed valuation of property in the district, as equalized) over the existing one (1) mill limit heretofore authorized, pursuant to Resolution adopted April 23, 1985 by the Oakland Schools Intermediate School District, which proposition will be submitted in substantially the following form:

MILLAGE INCREASE QUESTION

"Shall the one (1) mill limitation on the annual property tax previously approved by the electors of the Oakland Schools Intermediate School District, State of Michigan, for the education of handicapped persons be increased by three-quarters (¾) mill?"

STATEMENT AS REQUIRED BY ACT 278 OF PUBLIC ACTS OF 1984 AMENDING THE PROPERTY TAX LIMITATION ACT

I, Raymond J. Wojtowicz, County Treasurer of Wayne County, Michigan, do hereby certify that as of September 1, 1985, the total of all voted increases in excess of the Constitutional fifteen mill tax rate limitation and the years such increases are effective are as follows affecting the taxable property of Local Unit:

CLARENCEVILLE SCHOOL DISTRICT OF OAKLAND AND WAYNE COUNTIES
Portion lying in Redford Township and City of Livonia
Wayne County, Michigan

Local Unit	Date of Election	Voted Increase	Years Effective
County of Wayne	Aug. 7, 1984	1 mill	1985 to 1993, Incl.
Township of Redford	Nov. 2, 1985	1.50 mills	1985 to 1993, Incl.
Township of Redford	Aug. 7, 1983	2 mills	1985 to 1993, Incl.

Schools/College Community College District

Local Unit	Date of Election	Voted Increase	Years Effective
Oakland County Intermediate School District	June 14, 1985	50 mills	1985, Indefinitely
Clarenceville School District of Oakland and Wayne Counties	Jan. 10, 1978	11 mills	1985
District of Oakland and Wayne Counties	Jan. 17, 1977	5 mills	1985, 1988
	June 8, 1981	10 mills	1985
	June 14, 1982	2 mills	1985, 1988
	June 10, 1985	31 mills	1988 to 1993, Incl.
	June 10, 1985	50 mills	1985 to 1994, Incl.

Signed: */s/ RAYMOND J. WOJOWICZ*
Raymond J. Wojtowicz
Wayne County Treasurer

Date: September 11, 1985

COUNTY TREASURER'S STATEMENT AS REQUIRED BY ACT NO. 82 OF THE PUBLIC ACTS OF 1983 AS AMENDED

I, C. Hugh Dohany, County Treasurer of the County of Oakland, State of Michigan, do hereby certify that according to the records in my office, as of September 12, 1985, the total of all voted increases in the tax rate limitation above the 15 mills established by Section 21 of Article IX of the Michigan Constitution of 1963 affecting taxable property in the Clarenceville School District of Oakland and Wayne Counties, is as follows:

LOCAL UNIT	VOTED INCREASE	YEARS INCREASE EFFECTIVE
Clarenceville School District	11.00	1978 to 1983 Incl.
	5.00	1977 to 1984 Incl.
	1.00	1981 to 1983 Incl.
	9.00	1991 to 1993 Incl.
	3.00	1982 to 1984 Incl.
	21.00	1988 to 1993 Incl.
	50	1985 to 1994 Incl.
Schools/College Community College District	None	None
County School District of Oakland County	50	Unlimited
	50	Unlimited
County of Oakland	25	1982 to 1984 Incl.

Dated: September 12, 1985

/s/ C. HUGH DOHANY
C. Hugh Dohany, Treasurer
Oakland County

Each person voting in said election must be a citizen of the United States, above the age of eighteen (18) years and a registered voter of the School District.

This Notice is given by order of the Board of Education of said School District.

Dated: September 10, 1985

By Order of the Board of Education
/s/ DANIEL J. MORRISON
Daniel J. Morrison, Secretary of Clarenceville School District Board of Education

Reports on the 85th DAR state conference will be given by the delegates.

Following the business meeting, members will tour historic Greenmead.

B'NAI B'RITH WOMEN, Henry Morgan Chapter, host a luncheon meeting at noon Wednesday, Oct. 9, in Room-to-the-Woods clubhouse, Southfield.

Lyric soprano Mimi Summers and accompanist Rose Morgan will entertain with tunes from Broadway musicals.

Reservations are necessary, made by calling Edith Katz, 661-5117 or Bernice Gill, 353-1631.

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.

Hypnotist will lead 2 clinics

Northwest WYCA, 25940 Grand River, will be offering two clinics Tuesday, Oct. 8.

The first will be "Stop Smoking Clinic" 7-8 p.m. The cost is \$30 non-members and is presented by Norm Caldwell, director, instructor and consultant in hypnosis.

The second one will be "Weight Loss and Control Clinic" 8-9 p.m. and the fee is also \$30 for non-members. Reinforcement tapes are included in the cost.

For reservations, call the Y office, 357-8500.

Study suggests, Vitamin D beneficial to those who have high blood pressure

Nutrients, such as sodium, potassium, calcium and magnesium, have been suggested to influence blood pressure. Vitamin D may be yet another dietary constituent involved in blood pressure regulation.

Consuming too little vitamin D is linked with high blood pressure in women, according to a recently published study.

"This is the first report of a significant relationship between ingestion of vitamin D and blood pressure," claim the authors, Dr. Mary Fran Sowers and her co-workers at the University of Iowa.

When women, particularly younger women 30-35 years of age, consumed less than 400 I.U. of vitamin D per day, the current recommended dietary allowance for this nutrient, their blood pressure was much higher than that of women whose vitamin D intake met this recommended level.

Vitamin D is provided by exposure to sunlight and diet. Only a few foods, however, supply vitamin D. One of these is fortified milk. More than 98 percent of all milk in the U.S. is fortified with 400 I.U. of vitamin D per quart. Fatty fish such as swordfish and mackerel, eggs and liver are other dietary sources of this vitamin. Nutritionists recommend that intakes above 400 I.U. of vitamin D per day be avoided due to the potential toxicity of excess amounts of this vitamin.

HOW VITAMIN D exerts a beneficial effect on blood pressure is unknown.

The Iowa scientists speculate that vitamin D's action on blood pressure may be explained by its role in calcium metabolism. Increasing calcium intake has been shown to lower blood pressure.

In a number of scientific studies, and vitamin D is known to increase the absorption of dietary calcium and, along with a hormone, regulate blood calcium levels.

Just recently, University of Wisconsin researchers Nancy E. Johnson, Everett L. Smith and Jo L. Freudenheim reported that increasing calcium intake during a four-year period lowered blood pressure in women with high blood pressure or hypertension.

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Bergstrom's Fall Specials
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NEW EMBLEM Saves Water, Saves Money White \$79.95 Reg. 104.40 Color \$94.95 Reg. 132.40	INSINKERATOR 1/2 H.P. Garbage Disposal with Stainless Steel Shredders & Impellers #333 LMAT 1 \$69.95	VANITY by Vanity Fair 18" x 24" with top #22993 \$129.95
Honeywell MEDIA AIR CLEANER F-66 Reg. \$109.95	BANNER 33 x 22 STAINLESS STEEL SINK \$64.50 Reg. \$87.50 7" Deep	Clean Trunk SHOWER DOOR Chrome \$79.95 6005 Reg. \$128.50
American Standard 5 FT. STEEL BATH TUB White \$99.95 Reg. \$151.40 Color \$139.95 Reg. \$180.50 Semi	Luxury Line WASHLESS LAV. FAUCET with Pop-up \$19.95 Reg. \$29.95	A.C. Smith 40 GAL. WATER HEATER Electric, High Recovery, Energy Saver \$149.95 Reg. \$179.95

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