

# Red Cross offers health classes

The American Red Cross, Southeastern Michigan Chapter, will offer a variety of health and safety education classes during October.

Health and safety courses offered include "Multimedia Standard First Aid," CPR, "Lowdown on High Blood Pressure," "How to Measure Blood Pressure," "Home Nursing," "Church Nursing," "Back Injury Reduction," "Parenting," and "Baby sitting."

The "Multimedia Standard First Aid" course uses demonstration films, a program workbook, practice sessions, and is designed to be completed in one day. The cost is \$15.65 for books and materials.

"CPR" training includes emergency techniques for both cardiac and choking victims. The cost of books and materials is \$15.60.

Opened to adults diagnosed with high blood pressure and members of their families, "Lowdown on High Blood Pressure" is a 10-hour course that assists the hypertensive person

to control their blood pressure through medication and prescribed dietary changes. The cost of books and training supplies is \$7.75.

DESIGNED to enable individuals to correctly measure blood pressure in adults, "How to Measure Blood Pressure" costs \$6, which covers books and training supplies.

The 18-hour course "Home Nursing" provides a wealth of practical skills and information including how to take pulse and blood pressure readings, deal with personal emergencies, recognize the symptoms of illness and keep a safe and healthy home. The cost of books and training supplies is \$10.14.

"Church Nursing" provides basic health care skills to aid the sick or injured in the church and community.

Among today's most common and most debilitating kinds of injuries are those involving the back. The course "Back Injury Reduction" focuses on how the back works and in-

jury prevention.

Proper lifting techniques and the introduction of simple strength and flexibility exercises are among the topics covered in the course. This program is not designed to rehabilitate acute back problems. If there is any question about a person's ability to participate in this course because of a severe back problem, a doctor's written permission should be obtained. The cost is \$9.05.

THE NINE-HOUR course "Parenting" explores different approaches to raising children and focuses on nurturing and teaching. Topics covered include discipline and guidance, television viewing, language and intellectual development, and nutrition and health. The cost of the course is \$4.16 for books and training supplies.

"Baby sitting" teaches young people, ages 11 to 14, basic child care skills that include diapering, feeding and bathing infants and handling emergencies.

Advance registration is required for all courses. Certificates will be issued upon successful completion of each course.

The Oakland Regional Office, 2388 Franklin Road, Bloomfield Hills, will offer "CPR" on Saturdays, Oct. 8 and 15, from 9 a.m. to 1 p.m.; Tuesdays, Oct. 11 and 18, 6-10 p.m.; and Tuesday and Thursday, Oct. 25 and 27, from 9 a.m. to 1 p.m.

"Multimedia Standard First Aid" will be offered on Thursday, Oct. 13, from 9 a.m. to 5 p.m.; Thursday, Oct. 13 and 20, 6-10 p.m., and Saturday, Oct. 22, 9 a.m. to 5 p.m.

"Back Injury Reduction" will be offered on Wednesday, Oct. 12, from 7-9 p.m.

"Church Nursing" will be held on Tuesday and Thursday, Oct. 18 through 27, 6-9 p.m.

The course "How to Measure Blood Pressure" will be offered Wednesday, Oct. 5, 6:30-9:30 p.m.

For more information, call the American Red Cross at 334-3575.

# Students need skills to match grade levels

New clothes, clean sneakers and a rain-proof bookbag aren't the only things children need to get ready to go back to school. Those needs are obvious.

But all students need something more to be ready for the classroom this fall, says Vivienne Marwaring, head of the Huntington Learning Center in Farmington Hills.

"They need basic skills appropriate to their grade level," Vivienne said. "If they don't have them, they will be frustrated in school and may fall into a cycle of failure."

"These basic skills are tools, just like pens and notebooks. If they're missing, the work can't be done," Vivienne added.

She urges parents to inventory their child's basic skills with the

same diligence they check to see if they have enough clothes and a warm jacket.

"Students should approach the new school year feeling confident they can make it," said Vivienne. "Buying them the latest fashions in clothes gives them a certain social confidence. Seeing that they have the academic tools will give them confidence in their ability to learn as well."

Students who do poorly in school are often missing basic skills, she said. If a student's grades were lower than expected, or if a child seems frustrated or restless about school, testing and tutoring can pinpoint the problem and bring a student up to grade level, the director said.

*We Proudly Present!*

## WYNDHAM HOTEL

NOV OPEN IN NOV

Located in the Novi Town Center at I-96 and Novi Road

Features include:

- Meetings to 180
- 152 deluxe rooms and 2 room suites
- Indoor Pool, Whirlpool, Sauna
- Full Service Restaurant & Lounge & Room Service
- Complimentary morning coffee in room
- Complimentary access to Novi's newest & most extensive health club facility

**SPECIAL INTRODUCTORY OFFER**

Monday-Thursday **\$65** Friday-Sat-Sun **\$45**

Per room, per night, based on availability. Offer valid until Oct. 7, 1988. Not valid for groups.

For reservations call: (313) 344-8800  
U.S. 800 822-4200 Canada 800-631-4200

**WYNDHAM NOVI**  
A TRAMMELL CROW GARDEN HOTEL

**PEPPERS**

• SERVING TILL MIDNIGHT  
• BAR OPEN TILL 2 A.M.  
• MONDAY NIGHT FOOTBALL  
• ALL SPORTS CABLE T.V.  
• DAILY LUNCH & DINNER SPECIALS  
• PRIVATE BANQUET ROOM  
• SUNDAY BRUNCH BUFFET - SEPT. 25th

27189 Grand River  
532-2882

Leave forests and parks clean.

**Buddy's PIZZA**

Baked Spaghetti... and the #1 rated Pizza in town

The original deep dish, Sicilian Style pizza with a crisp, crunchy crust and almost a pound of cheese. Buddy's full menu features homemade minestrone soup, antipasto and Greek salad, hoagies and a variety of pastas.

**MAKE YOUR LUNCH BREAK LONGER**  
Call in your order and have it ready when you arrive!

LIVONIA 1305 Plymouth Rd. (at Livonia Rd.) 261-3530  
FARMINGTON 1506 Northwestern Hwy (at Farmington Rd.) 855-4600

Bring this ad in for... **\$2 OFF** any Large Pizza or Large Antipasto or Large Greek Salad

**SALE 25% OFF**

Preseason Specials on:  
Lionel • LGB • K-Line • Kalamazoo • Sets • Track • Accessories

Factory Authorized Lionel Sales & Service • Lionel Trains Bought • Trade-Ins

**SALE ENDS OCT. 9th**

Come see us at the **PLYMOUTH TRAIN SHOW** October 9th in the Plymouth Cultural Center.

**PLYMOUTH YARD HOBBIES**  
• SPECIALIZING IN MODEL TRAINS •

904 Starkweather  
Trackside in Old Village **455-4455**

**Bullwinkles**  
BAR & GRILL

26721 W. 7 Mile  
REDFORD  
592-4520

**TOP SIRLOIN STEAK DINNER**  
WITH FRENCH FRIES  
COLE SLAW SOUP  
**\$5.95**

EXPIRES 9-22-88

**Mama Mia**

BANQUET FACILITIES UP TO 300 AVAILABLE.

SORRY, NO DISCOUNTS APPLY

**DINNER FOR TWO**  
Choice of:  
Tenderloin Steak  
Broiled Boston Scrod  
Homemade Lasagna  
Chicken Cacciatore  
**\$10.95**

With Coupon - Good thru 10-31-88

27770 Plymouth • 19088 Beech Oak  
19188 W. of Livonia Rd. (at South of Grand River)  
427-1000 637-0740

**Mr. Z's STEAKHOUSE**  
27331 5 Mile (Corner of Inkster) PH. 537-5600

Tuesday thru Saturday **FAMOUS SHOW TIME** For Your Dancing and Listening Pleasure

**BILL KAHLER SUNDAY & MONDAY**

Frog Legs or Spare Ribs **\$6.95** Kansas City Sirloin Steak **\$7.95**

Daily Luncheon Specials from \$3.95 Mon.-Sat.

OPEN SUNDAYS 2 P.M. FOR FAMILY STYLE DINNER

**Fonte D'Amore**  
DEL. SICILIAN RESTAURANT

WEDNESDAY IS OFFER NIGHT

RESTAURANT COUPON  
BUY 1 DINNER AT REGULAR PRICE AND GET 1 DINNER (of equal value) AT 1/2 PRICE  
Limit 1 to Coupon - Good Mon. thru Sat.  
Expires September 23, 1988

OPENING DECEMBER 88  
VILLA DELSIGNORE  
Reserve Now For 1988 - Call 482-0770  
ELEGANT BANQUET FACILITIES

32030 PLYMOUTH ROAD • LIVONIA • 422-0770

Please pass the bread.

Your generous donation to the Torch Drive can help feed the hungry.

**LA-Z-BOY**

**NATIONAL La-Z-Boy®**

**Homecoming Sale**

Front-row savings that make it easier than ever for you to be an armchair quarterback!

We've got recliners in exciting styles and fabrics that were never easier to afford!

For one week, purchase In-Stock or Special Order at our Lowest Sale Prices!

**SALE! \$299**  
Transitional Recline-Rocker® Recliner  
A soft, casual look. Featuring a tapered back, pillow arms and deep, plush seat cushioning.

Since 1933 **Walker/Buzenberg** fine furniture

240 NORTH MAIN STREET • PLYMOUTH • 459-1300  
(Two blocks N. of Downtown Plymouth)  
Mon., Thurs., Fri. 10-9; Tues., Wed., Sat. 10-6

We've Moved To A Larger Location...

## Piazza Dance Company

-Northville Plaza- **348-3720**

42297 W. 7 Mile • Northville •  
Teacher Certified To Teach by Dance Master of America

Still Enrolling...  
**Classes Begin Sept. 10**

- New York Style Jazz
- Tap
- Ballet • Pointe
- Hawaiian • Tahitian
- Rhythm (3½-5 Yr. Olds)
- Beginners To Advanced (3½-Adult)

12 TOP AWARDS  
1987-88 Dance Masters Of America State & Regional Competition

2 Overall Winners & Awards For Best Choreography!

**COUPON FREE-1st LESSON!**  
With Payment Of 1st Month Tuition  
Offer Good For New Students Only

New this Fall...  
**GYMNASTICS CLASSES**

Marilynn Gina Denise

**NATIONAL La-Z-Boy®**

**Homecoming Sale**

Front-row savings that make it easier than ever for you to be an armchair quarterback!

We've got recliners in exciting styles and fabrics that were never easier to afford!

For one week, purchase In-Stock or Special Order at our Lowest Sale Prices!

**SALE! \$299**  
Transitional Recline-Rocker® Recliner  
A soft, casual look. Featuring a tapered back, pillow arms and deep, plush seat cushioning.

Since 1933 **Walker/Buzenberg** fine furniture

240 NORTH MAIN STREET • PLYMOUTH • 459-1300  
(Two blocks N. of Downtown Plymouth)  
Mon., Thurs., Fri. 10-9; Tues., Wed., Sat. 10-6