

YMCA highlights

These YMCA highlights appear courtesy of the Farmington YMCA, 28100 Farmington Road, Farmington Hills. For information, call 553-4029.

- **AFTERNOON DELIGHT**
Youth in grades one to five are in-

cluded to attend our "Saturday Afternoon Delight" program 1:30-4:30 p.m. Saturday, Nov. 18, Dec. 2 and Dec. 16. It includes games and crafts, recreational and swimming. Sign-up for the program at the Farmington YMCA. Further information is available through Carol McMillan.

- **THANKSGIVING SPECIAL**
The Farmington YMCA will be offering its "Thanksgiving Special" program for youth on Wednesday, Nov. 22, and Friday, Nov. 24. The program will include a Field Trip on Wednesday and activities at the Y on Friday. The Thanksgiving special is open to first to fifth graders. Partic-

ipants must register as the Y by Nov. 17.

- **LUNCH WITH SANTA**
Plan ahead and register for Lunch with Santa. This program is for 2 1/2 to 5-year-olds and includes decorating cookies, making ornaments, playing games and singing lots of

Christmas songs. The event will be Saturday, Dec. 16. Parents may sign their child up for the 10 a.m. to noon or 12:30-2:30 p.m. session. Registration is being held at the Farmington Y.

- **OPEN HOUSE**
The YMCA will be hosting an

Open House for area seniors from 11 a.m. to 1 p.m. on Thursday, Dec. 7. The open house will include a healthy lunch, a tour of the Y facility and variety of health and fitness screenings. Call the YMCA, 553-4029 by Friday, Dec. 1, to make a reservation.

recreation news

Each week, the Farmington Hills Department of Special Services Recreation Division presents a synopsis of upcoming activities. For more information about programs, call the recreation office, 473-9570. For matters regarding city council agenda items, call Newsline at 476-8335.

- **PARKEY SERIES**
"Parkey the Panda" is hosting a Pilgrim's lunch for children 5 to 10 years old from noon to 1:30 p.m. Saturday, Nov. 18, at Langacre Elementary School. A craft project, an adventure story and games will be a part of this activity.

- **YOUTH BASKETBALL**
Registration is being accepted for children in grades 4-8 at the recreation office. Teams are formed by geographic location and grade level. Instructional clinics will be in December with an eight-game schedule beginning in January. Registration deadline is Nov. 22 in person, Nov. 24 by mail.

- **SPORTS SALE**
Saturday, Dec. 2, from 9 a.m. to 1 p.m. at East Middle School, 25000 Middlebelt, you will have the opportunity to buy or sell used winter sports equipment. Items include skates, downhill and cross-country skis and boots, clothing, steds and more. Equipment consignment for registering items to be sold will be Friday, Dec. 1, from 5:30-8:30 p.m.

- **CANOE AND KAYAK CLUB**
The Recreation Division's Canoe and Kayak Club is offered to all beginners and expert canoeists and kayakers. The membership includes listing of local and out-of-state trips, newsletters and special events. Fee is \$6 for an individual or \$8 for the family.

- **DOWNHILL SKIING**
Students in grades 4-12, can enjoy a night of skiing at Mt. Brighton on Friday evenings. Buses leave designated sites at 4:30 p.m. and return approximately at 10 p.m. The first session will be January 5, 12 and 19. Fee is \$45 and includes ticket, lesson and transportation. Ski rental is not included.

- **HOLIDAY HANDICRAFTS**
Friday, Nov. 17, come to a Holiday Handicrafts Festival sponsored by the Farmington Hills Senior Adult Program from 10:30 a.m. to 3 p.m. featuring a craft and bake sale at the Senior Adult Center, 28609 11 Mile, Gate 4. Enter through door "C." Rental space for senior crafts is available at \$3 per space. Call 473-9475 for information.



Staff photo by BOB SKLAR

Original F&M

F&M Distributors president Frank Newman (left) chats with the original F&M, Fred and Mary Cohen, at the opening of the chain's 76th store in Farmington Hills. The new store, in the former Tully Mall at Hunters Square Shopping Center, Orchard Lake Road and 14 Mile, opened Oct. 31, 34 years

to the day after the Cohens, retired and living in West Bloomfield, opened the original F&M in Ferndale. The 30,000-square-foot store, a \$3 million investment, expects first-year sales of \$10 million. Janene Parker manages 45 employees. Lincoln Racey is pharmacy manager.

Operating room nurse day marked

Of all the masked faces hovering over the patient during surgery, the operating room nurse plays a unique role. The operating room nurse speaks for the patients when they cannot speak for themselves.

"Batsford General Hospital is celebrating Operating Room Nurse Day Tuesday, Nov. 14, to recognize the significant role of the operating room nurse within the hospital setting," said Batsford General Hospital spokeswoman Margo Gorchow.

The operating room nursing team is directed by a registered nurse. When the patient arrives in surgery, the nurse is there to greet him or her and provide emotional support as the patient is anesthetized.

Then he or she manages the patient's nursing care during surgery, as the surgical team focuses on the procedure being performed. The nurse anticipates and prepares for the needs of the other operating

room team members to avoid any delays in the surgical procedure.

OPERATING ROOM nurses care for their patients before, during and after surgery by:

- assessing each patient's special needs and determining the nursing care necessary for an efficient successful operation;
- teaching patients what will happen during the operation;
- preparing the necessary equipment and supplies for surgery;
- monitoring the sterile environment and promoting patient safety during the procedure;
- communicating on behalf of patients when they are unable to speak for themselves, and
- evaluating the patient's progress and teaching them how to participate in their own recovery programs.

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* 1/2" thick
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2 x 12	8'x10'	8'x12'	8'x14'	8'x16'
2 x 12	8'x12'	8'x14'	8'x16'	8'x18'
2 x 12	8'x14'	8'x16'	8'x18'	8'x20'

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* 23 bundles per square
* 23 bundles per square
* SQUARE = 100 sq. ft.

WALLED LAKE

2055 HAGGERTY RD.
(NORTH OF 15 MILE RD.)
624-4551

HOURS:
Mon.-Fri.: 7:00 a.m. - 6:00 p.m.
Sat.: 7:00 a.m. - 5:00 p.m.
Sun.: 9:00 a.m. - 4:00 p.m.

Words can hit a child as hard as a fist.

Get the picture?

What you say to children can determine how they feel about themselves. And how they feel about you. When you're upset, get hold of yourself. Stop and think about what you're saying. Stop using words that hurt. Start using words that help.

stop using words that hurt.

For helpful information, write: National Committee for Prevention of Child Abuse, Box 31866E, Chicago, IL 60690.