

COMMUNITY CALENDAR

CLASSES

SPANISH FOR TRAVELERS
Oakland Community College, Orchard Ridge Campus presents Spanish for Travelers, taught in the elegant Argentine dialect. There will be no exams. Classes begin Jan. 13. Call: (310) 471-7520 to enroll.

TEEN PARENTING

A parenting program called "System Training for Effective Parenting (STEP) of Teens" will be sponsored by Farmington Youth Assistance. It takes place from 7:30 p.m. Jan. 9 through March 6, at the Farmington Training Center, 33000 Thomas Street. The cost is \$21 per person or \$26 per couple. Call Deborah McAleer at 489-3434.

FINANCIAL PLANNING

Wills, trusts, and estate planning options will be the topics of a lecture held from 7-8 p.m. on Wednesday, Jan. 15 at Borders Books and Music, 30995 Orchard Lake Road in Farmington. The lecture is sponsored by Quince Moore & Associates, Inc.

DELTA PARENTING

Farmington Public Schools, DELTA Gifted Department, is sponsoring six-week Monday night sessions of parenting classes for parents of highly able students. Session 3 will be held Feb. 24, March 3, 10, 17, 24, and April 7. Session 4 will be held April 14, 28, May 5, 12, 19 and June 2. For more information, contact the DELTA office at 489-3399.

HAVA NAGILA

Congregation B'nai Moshe in West Bloomfield is registering for its new eight-part series of "Hava Nagila Let's Be Happy," a Jewish enrichment program for 3 and 4 year olds. The new series will be offered at the synagogue from 1-2:30 p.m. Thursdays beginning Jan. 9. The cost is \$75 per child and space is limited. The theme will be "Keshes Ha'Veit" (Hebrew Rainbow) featuring stories, games, and language activities. "Hava Nagila" is open to all interested families regardless of affiliation. Another eight-part series will begin in March. For more information or to register, call education director Rita Abramson at 788-0600.

The Wolverine Dog Training Club Of Livonia offers classes for beginners' obedience as well as puppy headstart programs. Classes start Jan. 14 and Jan. 15. Call 476-8550.

LISTEN UP

BAND FESTIVAL
The Farmington Community Band will be part of the 17th Festival of Bands, held at 11 a.m. Jan. 25 at Twelve Oaks Mall in Novi. Concerts will be performed at regular intervals throughout the day.
Farmington Philharmonic
The Farmington Area Philharmonic will present an evening of Rodgers and Hammerstein music at 8 p.m. Monday, Jan. 10 at Oakland Community College. The performance is sponsored by Century 21 Market Place of West Bloomfield. Tickets are \$15, and available at all area Metrobank locations as well as Century 21. For information, call the OCC Box Office at (810) 471-7687.

BENEFITS

PASSBOOKS
Clarenceville United Methodist Church is selling 1997 Entertainment Passbooks as a fundraiser. The donation amount is \$40. Contact Jim Robinson at 347-1535 or the church office at 474-3444.

SUPPORT GROUPS

GROW THROUGH GRIEF

"Grow through Grief" is an eight-week workshop for children dealing with loss and the adults who care for them. Classes will be held from 6:30-8 p.m. on consecutive Tuesdays between Jan. 14 and March 4 at the Angela Hospice in Livonia. Call Angela Hospice at (313) 464-7810.

PARKINSON'S DISEASE

The Western Oakland Parkinson Support Group meets 7:30-9 p.m. the second Tuesday of every month at Farmington Hills Baptist Church, 28301 Middlebelt, call 476-3404, 478-0189 or 474-0003. The Southfield-Oak Park Parkinson Support Group will discuss concerns for 1997 at its meeting at 7 p.m. Jan. 15 at the Townbridge Apartments in Southfield. Call Bessie Vukovje at (810) 356-7545 or Mildred Varga at (810) 474-5496 for information.

MANIC-DEPRESSIVE

The Manic-Depressive and Depressive Associates support group meets 7:30-9 p.m. the first and third Wednesday of each month at Providence Hospital, 47601 Grand River, Novi. Call 386-3825.

CHEMICAL DEPENDENCE

An educational/support group for children ages 4-11 impacted by the effects of chemical dependen-

cy is held from 10 a.m. to 2 p.m. Saturdays at the Farmington Area Counseling Center, 23332 Orchard Lake Road. Call Gina Schaefer, 477-6767.

CARE MINISTRIES

Have a problem? Want to talk? Call Life Care Ministries at (313) 427-LIFE from 11 a.m. to 11 p.m. Monday-Saturday. There is no charge.

POSTPARTUM DEPRESSION

A postpartum depression group meets at 7:30 p.m. the first and third Tuesday of each month at Providence Hospital in Southfield. Call 737-3612.

CROHNS & COLITIS

The Crohns & Colitis Foundation self-help group meets from 7-9 p.m. the fourth Thursday of each month at Orchard Lake Office Center, 28230 Orchard Lake Road, Suite 100-A. Call Marie, 313-420-4434 or Mindy, 810-951-4938.

MODERATION MANAGEMENT

MM is a free self-help group and nine-step program that provides guidelines for moderate drinking and support to change your drinking habits. Not intended for

alcoholics. Meets from 7-8 p.m. every Tuesday night at Universalist Church, 23501 Halsted Road, Farmington Hills. Call (313) 677-6007.

RATIONAL RECOVERY

Rational Recovery is a self-help organization for men and women

who are experiencing problems as a result of alcohol/substance abuse and/or other self-defeating behaviors. They meet at 12:30 p.m. Thursdays at Harrison School in Garden City and at 7 p.m. Fridays in Garden City Hospital. Call 476-2657.

Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY
18829 Farmington Road
Livonia, Michigan 48152
Phone: (810) 478-7860



DOES ARTHRITIS EVER GO AWAY?

Certain kinds of arthritis will leave. The best example is polymyalgia rheumatica. This condition which affects the elderly, comes on suddenly causing profound stiffness to the point of incapacitating the individual. However, when treated with low doses of prednisone, the polymyalgia leaves completely. No other type of arthritis responds so well to therapy. People cite examples of someone being cured of rheumatoid arthritis by drugs or a folk medicine treatment. You should view such reports with skepticism, often the diagnosis was in error. Or, the individual had an infection that looked like rheumatoid arthritis. Medical studies have uncovered a number of such infections. For example, parvovirus causes an arthritis that mimics rheumatoid arthritis. Over time the inappropriate antibody producing the joint swelling ceases, and the arthritic problem resolves. To an onlooker, the improvement appears to have come as a cure by whatever medicine the person was taking at the time. Rheumatoid arthritis or lupus arthritis may go into remission. In such instances, the individual needs no medicine, and has no joint pain or swelling. However, even after years without arthritis, the condition may return. The arthritis has not been just stumbled.

CITY OF FARMINGTON
NOTICE OF PUBLIC HEARING

The Planning Commission of the City of Farmington, Oakland County, Michigan, will meet at 8:00 p.m. on Monday, January 13, 1997, in the Council Chambers, 23600 Liberty Street, Farmington, Michigan, to hear all interested persons on a request for a Special Exception Use Permit. The Special Exception Use Permit is proposed for the following described property.

The parcel descriptions are as follows:

Parcels 23-28-476-008 and 23-28-476-009
Lots 16, 17, and 18 of Assessor's Plat No. 1

Location: Nine Mile Road between Farmington Road and Gill Road

Said parcels are located on the north side of Nine Mile Road west of the M-102/Farmington Road exit ramp. The proposed use of the property is for the construction and operation of an oil change facility and a self-serve car wash facility.

All interested persons will be given the opportunity to express their views at the above time and place. Any information desired regarding the above is available at the office of the City Clerk.

PATSY K. CANTRELL, City Clerk

Published: January 6, 1997

DOG OBEDIENCE

Jensen Counseling Centers, P.C.
Mary Robin Peters, M.D., P.C.
Francine I. Friedman, M.D., P.C.
QUALIFIED STAFF OF DOCTORS, PSYCHOLOGISTS & CLINICAL SOCIAL WORKERS
STATE LICENSED PSYCHIATRISTS
Immediate Appointment Available
Saturday and Evening Hours
Most Insurance Accepted

Our Clinics Specialize In The Treatment Of:

- Individual, Family & Marital Counseling
- Child, Adolescent & Adult Therapy
- Eating Disorders, Weight Control & Medication Therapy
- Anxiety & Stress • Depression & Grieving
- A.D.D./A.D.H.D. & School Psych Testing
- Chemical Dependency & Smoking Cessation
- PMS and Menopausal Disorders
- Disability Evaluations & Workers' Compensation
- Custody Evaluations & Court Referrals

26105 Orchard Lake Rd., Ste. 301
Just North of 11 Mile
Farmington Hills

(810) 478-4411

Special Pre-Completion Savings Now Available on New Mausoleum

Choose the beauty and everlasting testament to memory that a mausoleum offers. Now is the time to buy a family crypt at Glen Eden Memorial Park.

An Investment in Peace of Mind

Pre-planning one's cemetery arrangements is an important part of estate planning — a practical and loving thing to do for your family. Leaving an important decision like this to one's spouse or children places a burden on them — something no one needs during a time of stress. Talk to one of our family counselors about the benefits of pre-planning.

☐ Yes, I want to learn more about Glen Eden's new mausoleum addition, payment plans and special prices. I would like a copy of your free brochure and Family Planning Record - A Guide for Survivors. Or call at 810-477-4460.

Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____

Up to
\$1000⁰⁰
Discount
*for two crypt spaces



The New Expanded Farmington Family YMCA

New expanded programs for every member of the family. **Register Now** for program that begin the week of January 6, 1997.

A wide variety of programs include: several different **Aerobic Classes** Water and Land for all abilities

Gymnastic classes - preschool and schooled

Swimming lessons

(in olympic & our new second pool with a temperature of 88°)

Specialty classes include:

- Karate • Thi Chi • Strollercize
- Fashion for Teens • Yoga • Pace (People with Arthritis Can Exercise)

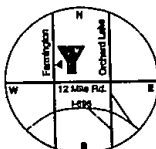
Abs, buns and thighs fitness classes

After breast Cancer fitness classes

Special workshops/Seminars

Special lunchtime seminars

Call for more Information



28100 Farmington Road

1/4 block North of 12 Mile

Farmington Hills

(810) 553-4020