YMCA: <u>Highlights</u>

CASP SIEPOVER
All 1998 Summer Day Camp
participants are invited to
attend a dieepover 7 p.m. to
7 a.m. Saturday, Feb. 13, at
the Farmington YMCA.
Campers and staff will have
activities in the gym. pool
and youth center.

SHAPEDOWN
The YMCA in collaboration with the Children's Hospital of Michigan will offer a weight management program designed especially for teems 12-18. Learn about

tems 12-16. Learn about nutrition, exercise, physical fitness and improved family communication, and slupe-down to a better body image down to a better body image and improved solf-esteem. The class will be held 6-8 p.m. every Wednesday. Call the DMC reforral service at (313) 745-5060 for registra-tion and more information.

ition and more information.

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Thooking into the Crystal
Ball' is a seminar for women
who want to look good and
foel good well into their 50s.
A family practitioner from
Providence Hospital will look
into her medical crystal ball
and share her view of the
science available today for
healthy transition from
birthing through menopause
into the freedom of mature
later years. This seminar is
scheduled noon to 3 p.m.
Sunday, Feb. 28, at the
Parmington YMCA.

PERSONAL FIMESS

PERSONAL FITNESS
YMCA Personal Fitness Pro-YMCA Personal Fitness Pro-gram began Jan. 4. It's a three-month, one-on-one pro-gram designed to teach and support good health and wellness. You will have your own coach to help lifestyle changes that will have far-reaching effects on your long-term quality of life as well as your physical health. The cost for this program is \$230. Call 553-4020.

Orders

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some good things. Among the hopeful was Fran Zakalik, repre-senting Warner Middle School

sonting Warner Middle School parents.

"I thought the summit was great, I thought it was very inspirational," said Zakalik, at the program with her 14-year-old son, Michael. "I'd like to become more involved ... Having three kids, I want to make sure they make good, responsible choices and that they know the facts, what these things can do to them."

According to Power Middle School parent Cindi Helisek, a member of the Farmington Families in Action advisory board, a major challenge remains reaching those people who should -but don't - attend such meet-

but don't - attend such meetings.

"That's the No. 1 question most of our minds tonight,"
Helisek said. 'How do we get the parents that have kids at risk to come to programs like this and learn they don't have to be

alone?"
Zakalik said parents of middle

Zakalik said parents of middle school students need to got more involved, whether through attending summits or participating in other efforts.

"I think you tend to see more involvement at the senior high level, you see more involvement at the elementary school level," Zakalik said. "But, at the middle school level, parents seem to drop out somehow."



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SINGE



Special Olympics need teams for Bowlathon

Five-person toams are still needed for Team Farmington School District Special Olympies Fifth Annual Special Olympies Fifth Annual Seventhen 12:39 Saturday, Feb. 27, at Drakeshire Lanes in Tamington.

This year, the Bowlathon Tamington, a year-round special olympies. As a part of Team Farmington, a year-round sports training and educational program open to all athletes with mental impairment who are or have been involved in the

FEB. 27

different sporting events. These include alpine skiing, basketball, bowling, cross country skiing, solf, sown servers show the servers of the

"Team Farmington means the world to us. We receive support from friends and family who help us to reach our full potential." "Special Olympics programs receive no federal or state money," said Mark Fisher, chairman of the 1999 Bowlathon. "The success of our program is dependent upon contribution of time, money and materials from businesses, organizations, individuals and the community."

Pizza and pop will be provided to all participants, as well as special prize drawings during the day and a special priza will be given to the team and individ-ual bowler who raises the most.

money.

To sign up as a team captain or bowler, or make a contribution to Team Farmington Special Olympics, contact David Clinard at 888-5024.

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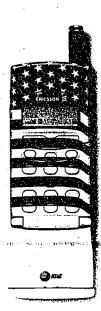
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