



REPRESENTING THE Detroit area at a recent four day conference held at the Castle Harbour Hotel, Bermuda, for members of the Sarah Coventry Jewelry firm was Don O'Brien of 20830 Bosford Dr. The regional conference allowed those attending to combine business with the amenities of island living at its best, a painless way to keep the production wheels turning.

AUTO CLUB MEMBERS ARE GETTING SOMETHING NEW!

Effective July 1, 1966 all eligible dependent children under 16 years old, living with a Master Member of Automobile Club of Michigan, are protected with up to \$1,000 in benefits for a wide range of Travel, Pedestrian and Recreation Accidents.

BROAD FAMILY PROTECTION with Personal Accident Insurance—One more reason why YOU LEAD THE WAY when you're a member of Triple-A.



NOW HE'S PROTECTED TOO!

LOCATED IN DOWNTOWN FARMINGTON CENTER
C. A. SPENCER, MANAGER
PHONE 476-7000

an old friend back in style

Curio Cabinets



A definite new trend in decorating is the use of cabinets, singularly or in pairs, in those odd corners or along walls in living rooms, dining rooms, family rooms or hallways.

Illustrated is a traditional style made of mellow Prima Vera veneers with rich Acacia burl, 27" wide, 15" deep, 68" high at \$209.50

Visit us soon and let us help you adapt this new trend to your home. Decorating service and budget terms, of course.

Ray Interiors

"Furnishings for Distinctive Homes"
33300 Slocum Dr., Farmington

off Farmington Rd. 2 blks S. of Grand River Ph 476-7272
Mon., Thurs., Fri. 'til 9:00 P.M. Tues., Wed., Sat. 'til 8:30 P.M.

Fad Foods, Cure-All Diets Out In Building Athletes

With close to 1000 kids in the Farmington community taking part in sports of some variety, one of the oft-repeated questions directed at Jack Cotton, Director of Physical Education, is, "What should we feed our young athlete?"

He considered it a plus. "There is no substitute for sound diet and regular exercise. There are no magic foods or diets."

He goes on to explain that there are four basic foods which should not be omitted. They include protein found in meat, fish and eggs; milk and milk products; fruits and vegetables; whole grains and enriched breads.

"The careful of fad foods and diets," Director Cotton warns. "There are too many food quacks and too many cure-all diets."

Extra word of caution about health foods, food and vitamin supplements. All of these should be carefully investigated. Extra meat has never been proved to be a great asset to the conditioning of athletes. On the other hand, there is

much to be said about five small meals a day for the youthful sportsman participating in the school program. Snacks are recommended for young people but not junk food such as soft drinks, potato chips, French fries etc.

As for the subject of pre-game meals, Director Cotton pooh-poos the idea of giving team members a steak four hours before the game. If they're not accustomed to this type of treatment, it just doesn't make much sense.

Because of pre-game tension, food will stay in the stomach from two to four hours longer during this tension buildup. To play a vigorous game or indulge in contests of an athletic nature, the athlete needs only 600 to 1000 calories.

A wise procedure would be to eliminate the digestive process of breaking down solids. Consequently, liquids or very light solids such as poached eggs on toast are very suitable for pre-game intake.

It cannot be denied that the athlete does need more food than the not-so-active young person. But a well-chosen diet is the thing to emphasize. One doctor told Director Cotton that "More games are won by the heart than by the stomach."

Three Rockets teams were rough on their hosts at Hazel Park and won all their games. The Bantams won their game 27 to 7, the JV's beat their opponents 21 to 7 and the Varsity won a hard-fought game 13 to 6.

Help on these three victories, a first for many a fall afternoon when the Rockets' teams all won on the same day, goes to the cheerleaders. Tiny Peggy Harte, three year old cheerleader, showed the boys the way by keeping up with her bigger sisters in their routines.

Both the Missile Bantams and Junior Varsity are improving each weekend but not enough to beat their rivals. On East Detroit's field, the home of the Mid-Jets, their Bantams and Junior Varsity beat ours 20 to 0 and 13 to 0.

The new coaches are trying to straighten out a somewhat confused offense who have been fumbling the ball while on scoring drives. Defensively the team played well with the exception of costly penalties that allowed the Mid-Jets to score in three of the four quarters.

FHS Harriers Fourth In Meet

The Farmington Senior High cross country team finished fourth at the Milford Invitational at Kensington Park Saturday, Sept. 24.

Out of a 12-team field, Farmington scored 116 points. Bob Donovan was fourth in a time of 10:28. Russ Roth was 17th, Mike Hines 26th, Pete Sevin 29th, Bruce Ridley 40th, Dick O'Connell 52nd, and Bill Harrison 59th.



Picture Windows in Thermopane FARMINGTON GLASS

22855 Orchard Lake Rd. 476-0730

If you have a FLAIR for fashion



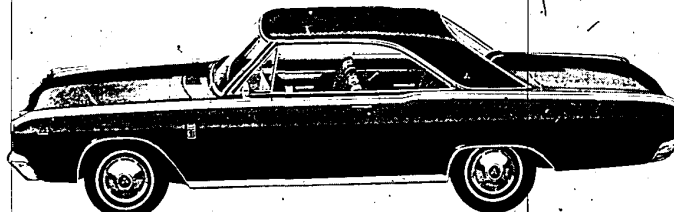
Joyce, Marlene and Chris have a FLAIR for you. At FLAIR BEAUTY SALON fashion is the big word in high styling, customized perms and hair coloring. All fashioned just for you. Call early for your appointment 476-8810 FLAIR BEAUTY SALON, 22821 Orchard Lake Rd. (1 block north of Grand River in red brick home) lots of FREE paved parking.

"This is D-Day" DODGE REBELLION OPERATION '67

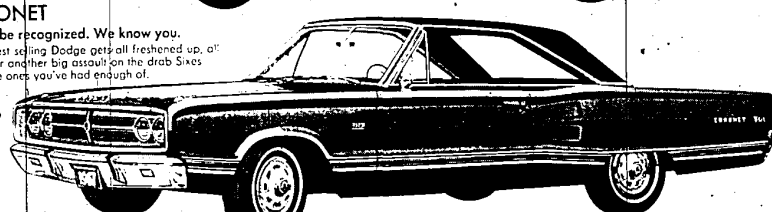
Fresh off the drawing board with an arsenal of powerful new ammunition. Bigger. Longer. Sharper. Hot new Dodges to back the attack on dull driving. Dart, Coronet, Polara, Monaco, Charger. Check them out today. The Dodge Rebellion will get you if you don't watch out.

'67 DART
Wow! Who goes there?
'67 Dodge Dart. That's who.

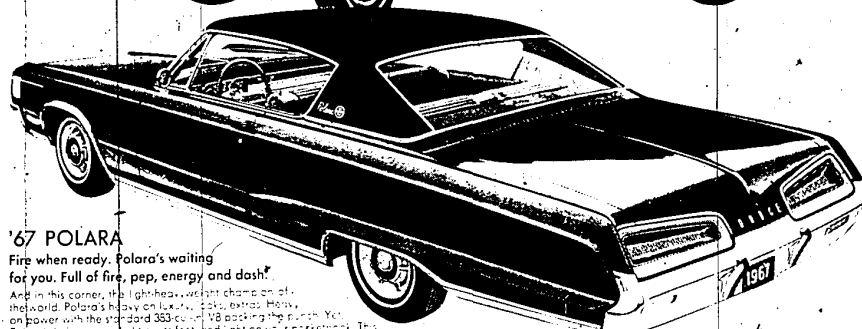
That's Dart, all right—totally new through-and-through now. New long, low silhouette. New plumb interior. New performance, too. But there's one thing you'll recognize about '67 Dart—is low price. Why resist? Enlist Dart for '67.



'67 CORONET
Advance and be recognized. We know you. Last year's biggest selling Dodge gets all freshened up, all sharpened up for another big assault on the drab Sixes and dull V8s. The ones you've had enough of. You're ready to move out of that deep rut and into a car with class, dash, and lots of it. That's the Coronet for '67.



'67 POLARA
Fire when ready. Polara's waiting for you. Full of fire, pep, energy and dash. And in this corner, the light-heavyweight champion of the world. Polara's heavy-duty V8, extra heavy-duty power windows, standard 353 cubic inch V8 packing the punch. You'll get a light on gas, light on its feet, and when you're overcast, the Polara drive a winner for a change. Come out, driving with Dodge Polara.



DODGE DIVISION CHRYSLER MOTORS CORPORATION

Dodge

Enter the big Dodge Rebellion "Winner's Choice" Sweepstakes. See your Dodge Dealer for details.

TOWN AND COUNTRY DODGE, INC.
31015 GRAND RIVER-FARMINGTON

Watch the Bob Hope Chrysler Theatre (Wednesday)... AFL Football (Weekends)... and the Roger Miller Show (Monday)—all on NBC-TV. Check local listing for times.