

30°
WEDNESDAY
March 21, 1984

Volume 28
Number 47
Three Sections
32 Pages plus Supplements

the NOVI NEWS

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Novi-Walled Lake News/STEVE FECHT

Flooded out

When nearly three inches of rain fell over a two day period last week Nine Mile Road was typically flooded out. City officials are hoping this is the last rainy season the road spends under water. Bids for construction of the project designed to correct the flooding have been

awarded to L. Loyer construction company. He expects to get underway by May 1. The downpour proved a good test for three regional basins built with drain tax dollars last year. City officials report the basins performed without problems.

Tornado sirens to blare

NOVI — When the emergency sirens blow Thursday at 1:30 p.m., don't panic. It's only a test.

As part of Tornado Awareness Week the sirens will be tested Thursday afternoon. All sirens across Oakland County will be activated and residents are encouraged to practice tornado emergency procedures.

Novi police dispatchers also warn residents that sirens will be sounded whenever hazardous weather conditions are sighted during the tornado season.

When sirens sound local police departments should not be contacted. Instead residents should turn to a radio or television station broadcasting weather information.

"It's not that we don't want to help people, but we usually don't know any more than the people calling in," Novi dispatchers say.

They explain the emergency sirens are not sounded locally. The sirens are activated by Oakland County. It usually takes five to 10 minutes for local police agencies to learn the reason for activation of the sirens.

It also often takes that long for radio and television stations to broadcast the severe weather conditions prompting the siren sounding.

Dispatchers also say it is important that residents know that calling

When sirens sound local police departments should not be contacted. Instead residents should turn to a radio or television station broadcasting weather information.

the police when emergency sirens sound simply ties up telephone lines needed in case of an emergency. Residents with real emergencies, such as heart attack or fire victims, cannot get through when the lines are tied up.

"That means someone with an emergency gets a busy signal. We know residents are concerned and scared when they call, but we can't stay on the line with them," explained Dispatcher Chris Regentik.

Residents calling on emergency lines to find out why sirens are blowing also keep dispatchers from doing the work they need to do, such as sending fire fighters out to alert mobile home park residents to take cover and setting up severe weather spotters.

It won't be necessary for residents to contact the police department if

they learn a few rules behind the sounding of the sirens.

A steady three-minute siren tone is a tornado warning — a tornado has been sighted in the area. When a three-minute blast is heard residents should listen to radio or television information and seek shelter.

No all-clear siren is sounded. Warnings last for 90 minute periods. If there is no repeat sounding of the siren, the severe weather conditions have cleared. The siren will blast a second time if dangerous weather conditions persist.

When a three-minute blast is sounded, residents should take shelter. In homes, a basement offers the greatest safety. In a home without a basement, residents should take shelter on the lowest floor in the center of the house in a small room or under sturdy furniture.

Planners to look at office park expansion

By KATHY JENNINGS
novi editor

NOVI — Planners are scheduled to discuss once again a rezoning request that would permit expansion of the Orchard Hill Place office park at Eight Mile and Haggerty Road at their meeting tonight (Wednesday).

The matter was referred back to the planners by the city council last week. The council said it could not support the rezoning request in its present form, but wanted further planning justification and additional concessions from the developer before granting approval.

The request currently before the city asks for 41 acres of office-service-commercial zoning (OSC), 23 acres of office (OS-1) and seven acres of greenbelt. The 71-acres currently is zoned single-family and multiple-family residential.

Following the council's action last week, Orchard Hill Place representative Joseph Gerak indicated neither pleasure nor displeasure with the delay. "I'm taking a neutral position," he said.

Gerak said the Orchard Hill Place is "proceeding along its path," but it

will "be interesting to see what happens."

"I feel the city is missing a tremendous opportunity," Gerak said. He had no further comment until learning what the city has in mind. "I really don't know what's happening. I don't have anything to say until they decide what they will do. Time will tell."

The task now facing the planners could involve a two-tier analysis of the rezoning request, according to Community Development Director John Hazelroth, who will present a proposed method for reviewing the rezoning request to the planners at tonight's session.

"We have to look at the master plan and the specific requests council has tagged onto the project," said Hazelroth.

In coming weeks the planning consultant and city staff will analyze the effect of the Orchard Hill Place rezoning request, attempting to analyze the development's effect on neighboring residential property. It also will determine if there are adequate utilities to serve expanded development.

The staff analysis also will study

other proposed uses in the Eight Mile/Haggerty Road area as well as the demand for office property in the area. The historical perspective and an analysis of why the property is currently zoned for residential development also is proposed.

To meet other aspects of the council's request the city planner, attorney and staff will meet with Orchard Hill Place representatives to negotiate further concessions.

Proposed concessions include dropping the northernmost piece of property, fronting Nine Mile, from the rezoning request. That would mean the property would continue to be zoned for multiple-family residential development — apartments or condominiums.

If that concession is rejected, the council has asked that there be a five to nine-foot berm between the office park and all abutting residential property, including the condominium project next to Orchard Hill Place. The 150-foot setback between the office park and residential areas also may be extended to the northern portions of the property.

Continued on 11

Police seeking suspect in alleged rape incident

NOVI — Police have obtained warrants for the arrest of a former member of the "Foxy Franchmen" in connection with a January rape of a 25-year-old Ypsilanti woman which allegedly occurred locally.

Police reported warrants have been issued for the arrest of Gerard Bernauer, who goes by the stage name of "Frenchy." According to police, Bernauer was a member of the group when the incident allegedly occurred. Police said Bernauer traveled with the group to Hawaii and remained behind when the group returned.

The 24-year-old Canadian citizen is charged with three counts of criminal sexual conduct and one count of kidnapping.

The incident allegedly occurred New Years Day after the victim met Bernauer at Cheeks Club in Detroit. Police said the woman left the bar with the man under the pretext of taking drugs with him in his car outside in

the parking lot.

Once the woman was inside the car the suspect allegedly drove out of the parking lot and around side streets in Detroit. Then he pulled the car onto the highway and drove to Novi.

He allegedly took the woman to a home in the Ten Mile/Meadowbrook Road area rented by one of the male dancers and lived in by various members of the group, police reported.

The woman was taken into the house and allegedly handcuffed with a pair of cuffs used by another member of the group who performs as a magician, police said.

She was then raped and forced to have oral sex with the dancer, according to police. Police reported the incident occurred at approximately 4:30 a.m. The woman later escaped from the house and contacted a friend, asking to be taken home.

Man soliciting contributions is not in local police force

NOVI — Police are warning business owners and residents that a group soliciting donations under the name "Michigan Law Enforcement" has nothing to do with local law enforcement agencies.

"We don't know whether it's a legitimate organization or not, but we do know it's misrepresenting itself," reported Novi Detective Jack Grubb.

Grubb explained the only organizations doing legitimate fund raising for local police are the Novi Police Officers Association (NPOA) or the Fraternal Order of Police (FOP) Lodge 128.

Sales representatives of Michigan

Law Enforcement allegedly are calling Novi businesses, saying they are Officer Ford of the Novi Police Department. There are no officers named Ford on the Novi police force. It also appears that the group soliciting donations is based in Flint, Grubb said.

When they contact a business, sales people attempt to sell advertising for a magazine, Grubb said. An invoice for the organization says the donation will enable Michigan Law Enforcement "to educate Michigan citizens about protection through a variety of media." The group lists its address as P.O. 10006, Detroit, Michigan 48210. The invoice was

turned over to police by a local business man who became suspicious after receiving a call from the organization.

Through contacting the FOP Hotline, Grubb learned numerous complaints have been lodged against the organization. A person representing himself as "Officer Ford" also has contacted people in St. Clair Shores and other areas, Grubb said.

"None of the local departments derive any benefit whatsoever from what this group is doing," Grubb said. "We don't have anything against legitimate organizations making calls, but we do have a problem with people representing

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Two announce plans to run

NOVI — Anyone interested in running for the Novi Board of Education will have to compete against the two incumbents whose terms are up for grabs this year.

Trustees Ron Milam and Norman Miller both stated last week that they will be candidates for re-election in the June election.

Announcing a "decision-to-run" speech, Milam said he is as excited about education in Novi today as he was when he first ran for the board eight years ago.

"So many of the things we're doing are new and exciting," he said.

Miller's "decision-to-run" speech was considerably shorter. "After giving it serious consideration, I have chosen to run for re-election," he said.

Voters will elect two board members to four-year terms in the June 12 election. Any registered voter within the Novi Community School District is eligible to run for the board.

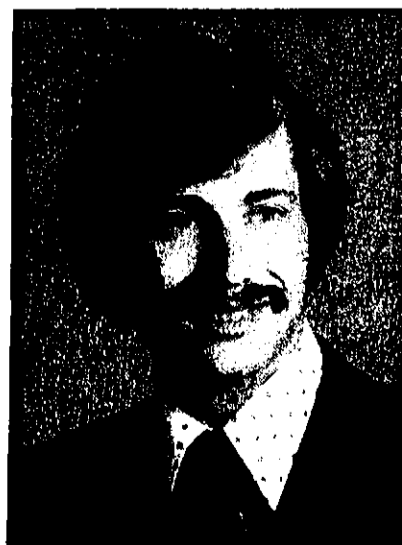
Nominating petitions must be signed by at least 20 qualified registered voters; anyone who circulates a petition for a potential candidate also must be a qualified registered voter

in the school district.

Petitions are available at administrative offices on Taft Road at Nine Mile. Deadline for filing nominating petitions is Monday, April 9, at 4 p.m.

Milam will be seeking his third consecutive four-year term. He was first elected in 1976 and subsequently was re-elected in 1980.

Miller is completing his sixth year as a board member. He was elected to the board in 1973 but resigned when he moved out of town in 1975. He subsequently returned to Novi and was elected to a four-year term in 1980.



RON MILAM



NORMAN MILLER

WEDNESDAY March 21, 1984 Second Front Page

WALLED LAKE EDITION the NOV NEWS

Opinions MASS RESIGNATION UNDERSCORES PROBLEMS/10A Living C.H. SMART STUDENTS SCORE SCIENCE HONORS/4C Special HERE'S OUR GUIDE FOR HEALTH & FITNESS/INSIDE



Conflict with Lentz brings resignations

By LEANNE ROGERS news staff writer WIXOM — All nine city parks and recreation commissioners resigned at last week's council meeting in protest of what they viewed as "underhanded dealings" by Mayor Gary Lentz.

Carr: 'I have spent six years working for the city and I think it is too bad that we have a mayor who can't see beyond the end of his nose.'

City council approves mobile home park plan

By PATRICIA N. BOWLING walled lake editor WALLED LAKE — Preliminary site plans for a proposed 131-unit mobile home park off Pontiac Trail were approved by city council this week.

March 19. According to the Michigan Mobile Home Act, a local municipality must take action on mobile home park site plans within 60 days of the date they are submitted.



Playing for charity

The Walled Lake Central gym was alive with activity last weekend as 242 students engaged in a 24-hour volleyball marathon to raise funds for the Michigan Lupus Foundation.

\$110,000 for various charities during the past seven years. Preliminary estimates show that this year's marathon raised an additional \$25,000.

Workshop draws mixed reviews

WALLED LAKE — A two-day workshop designed to improve communication between the school board and administrative staff generated widely disparate reactions this week.

Headstart program, the board has begun seeking ideas for an alternative preschool program that might serve a greater number of children.

Blind leading the blind?

Walled Lake Central senior Dale Chwalibog provided instructions for junior Sandy Wallunas on the proper way to "bump" a volleyball during Central's eighth annual volleyball marathon March 16-17. The 24-hour marathon yielded \$25,000 for the Michigan Lupus Foundation.

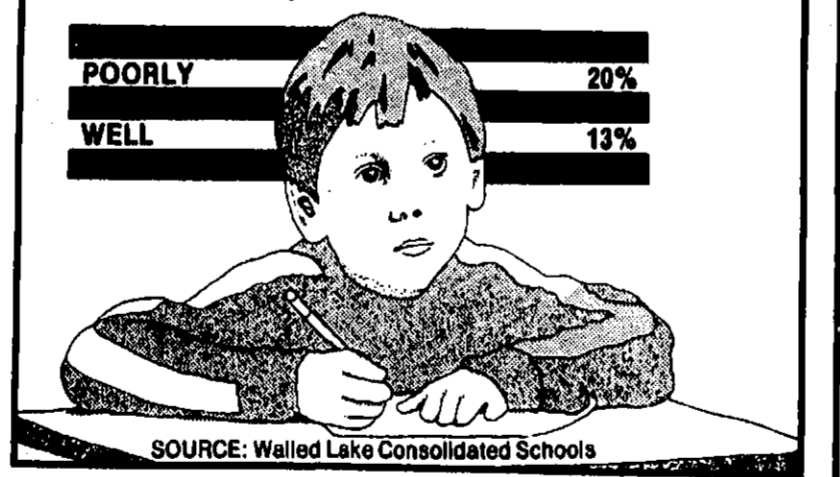
Outdated libraries hinder evaluation

By PATRICIA N. BOWLING walled lake editor WALLED LAKE — Inadequate funding for library and media center materials resulted in the district's high schools being placed "on probation" last year.

'If the board does not approve the \$16,000 library expenditure next week, Adler said the district will have lied to both the public and the NCA.'

How teachers rate critical thinking skills

Walled Lake teachers were asked, 'How adequately does the Walled Lake Schools' curriculum provide for teaching critical thinking skills?' Their response was:



SOURCE: Walled Lake Consolidated Schools

Small fish need weeded out

WOLVERINE — Village residents will be asked next month if they want the Department of Natural Resources (DNR) to "thin out" the fish population in Wolverine Lake.

drop of food coloring disperses in a glass of water. It primarily affects the top five feet of water.

Teaching children thinking skills

By PATRICIA N. BOWLING walled lake editor WALLED LAKE — After decades of asking the same questions, elementary teachers now are learning they may be asking the wrong questions.

Who, what, when, explain and define have been the key words in teaching children knowledge and comprehension. But as educators, including those in Walled Lake schools, examine how to prepare youngsters for a rapidly changing, more technical and highly complex society, a new set of key words is gaining equal importance.

Residents needed to organize sesqui

NOVI — The community is celebrating its 150th anniversary this year, but without some fast work it could go by unnoticed.

Bus stop location will not be moved

NOVI — The school board has decided that no changes are necessary to improve bus safety for the Cedar Spring subdivision.

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Investigation nets no more suspects

WIXOM — The investigation into an obscene letter sent to a city resident is still open, but no new suspects have been found, according to Sergeant Richard Howe.

A female resident received the obscene letter, signed "Steve" and listing the telephone number of former mayor assistant Stephen Bonczek. The woman lives in the same subdivision as Bonczek.

Senior coordinator needed by schools

WALLED LAKE — The community education department is looking for someone to help coordinate senior citizen activities.

The part-time position will pay \$5 per hour for a maximum of 20 hours per week.

Office park expansion opposed

NOVI — Residents detailed their objections to the 7½-acre expansion of the Orchard Hill Place office park at Eight Mile and Haggerty, but council members indicated there are circumstances under which the rezoning may be granted.

Approximately 75 residents turned out March 12 to express fears that expansion of the office park will destroy the area's residential character.

Cliff Thompson suggested the Master Plan must be properly revised before the property is rezoned.

William Wineman noted that residents are no longer 100 percent opposed to the office park expansion, but feel more compromise is needed.

John Chambers told the council that many aspects must be considered in making a decision.

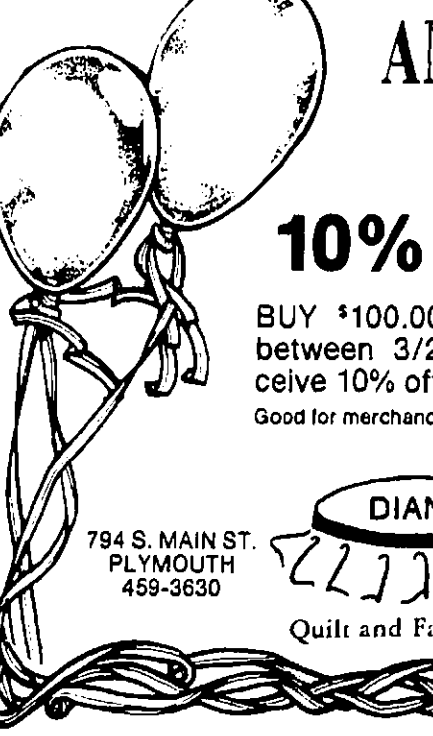
Council Member Arlen Schroeder said he could not support the Orchard Hill Place rezoning without further concessions from the developer.

CITY OF NOVI NOTICE OF ENACTMENT ORDINANCE 84-104.01

NOTICE IS HEREBY GIVEN that the City Council has adopted Ordinance No. 84-104.01, an Ordinance to regulate the cutting and destruction of noxious weeds and other weeds, grass, brush and deleterious, unhealthy growths and the removal of refuse and debris upon lands in the City of Novi and to provide for a tax upon the owners failing to comply with the provisions hereof and to provide a penalty for the violation of the provisions of the ordinance and to repeal Ordinance No. 82-104.

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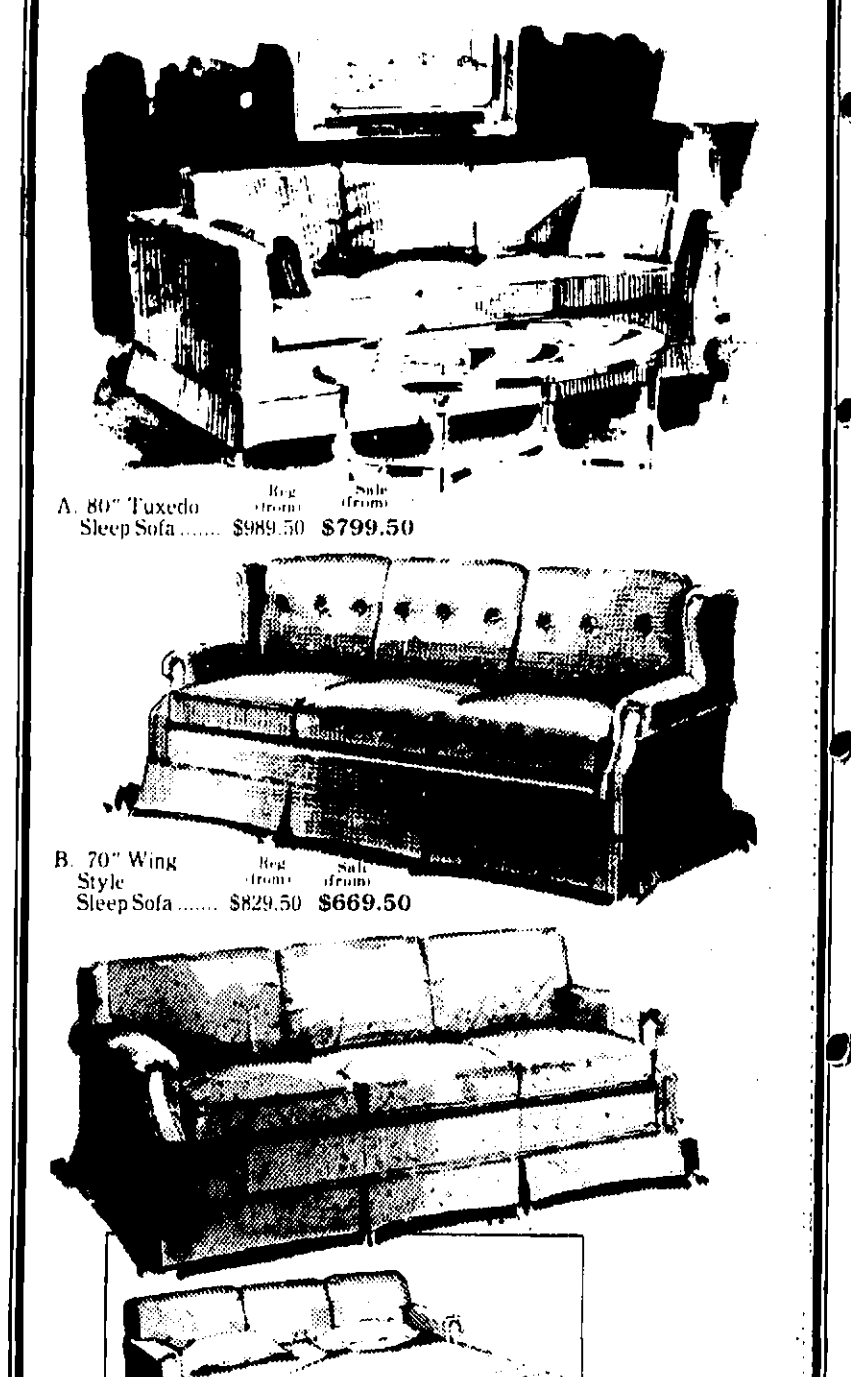


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CITY OF NOVI NOTICE

PROPOSED ESTABLISHMENT OF A NONRESIDENTIAL USE OF HISTORICAL BUILDINGS IN R-1

NOTICE IS HEREBY GIVEN that the Planning Board of the City of Novi will hold a public hearing to provide for the limited nonresidential use of historical buildings in an R-1 district to conform to standards permitted in the OS-1 district.

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Jaycees join drive for Olympic team

NOVI — The Novi Jaycees have joined a nationwide effort called "Sign Up America" to obtain signatures of Americans indicating support for the U.S. Olympic team.

Historians petition to acquire school

COMMERCE — The Commerce Township Area Historical Society has voted to petition the Walled Lake Board of Education to acquire the Commerce Annex School.

Super shooter Blue Skeen of Lincoln Park examines one of the 10 winning targets which helped him win the championship of the World Slingshot Tournament at the Multi-Lakes Conservation Club over the weekend.

Senior coordinator needed by schools

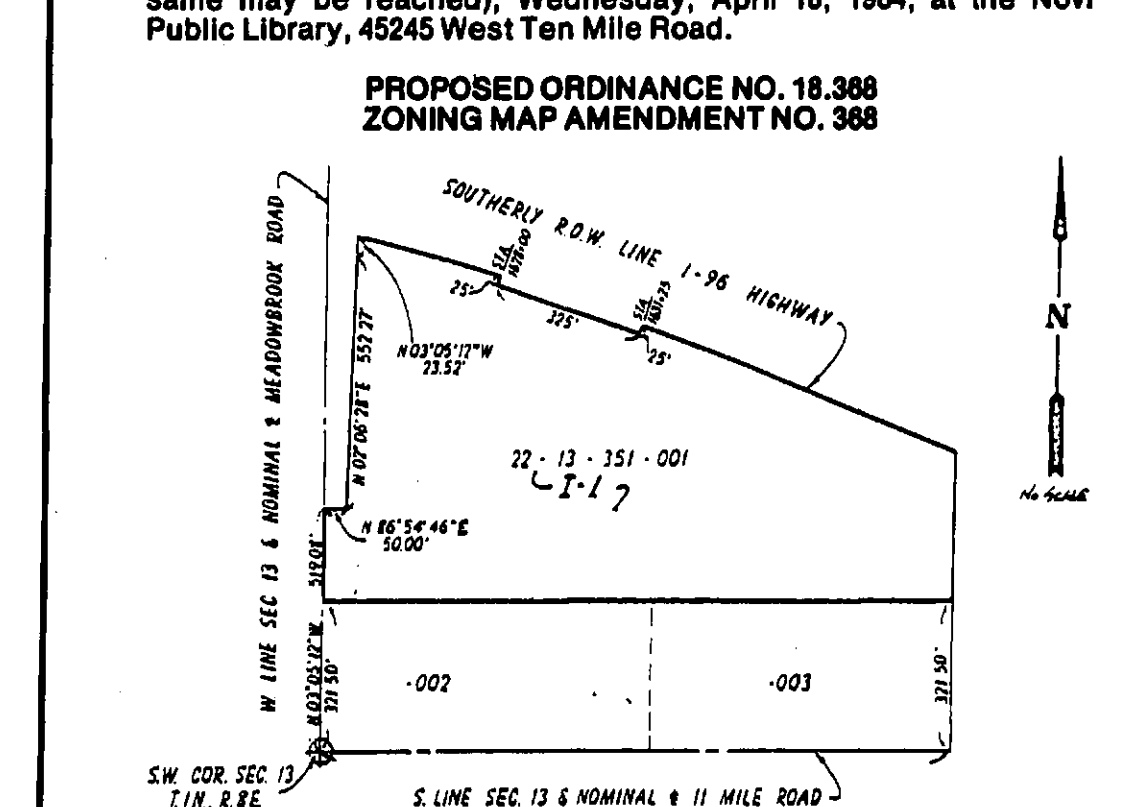
COMMERCER — The Commerce Township Area Historical Society has voted to petition the Walled Lake Board of Education to acquire the Commerce Annex School.

Wixom to monitor mobile plans

WIXOM — City officials will be monitoring plans for a mobile home park located north of the city limits in Commerce Township.

CITY OF NOVI NOTICE OF PUBLIC HEARING

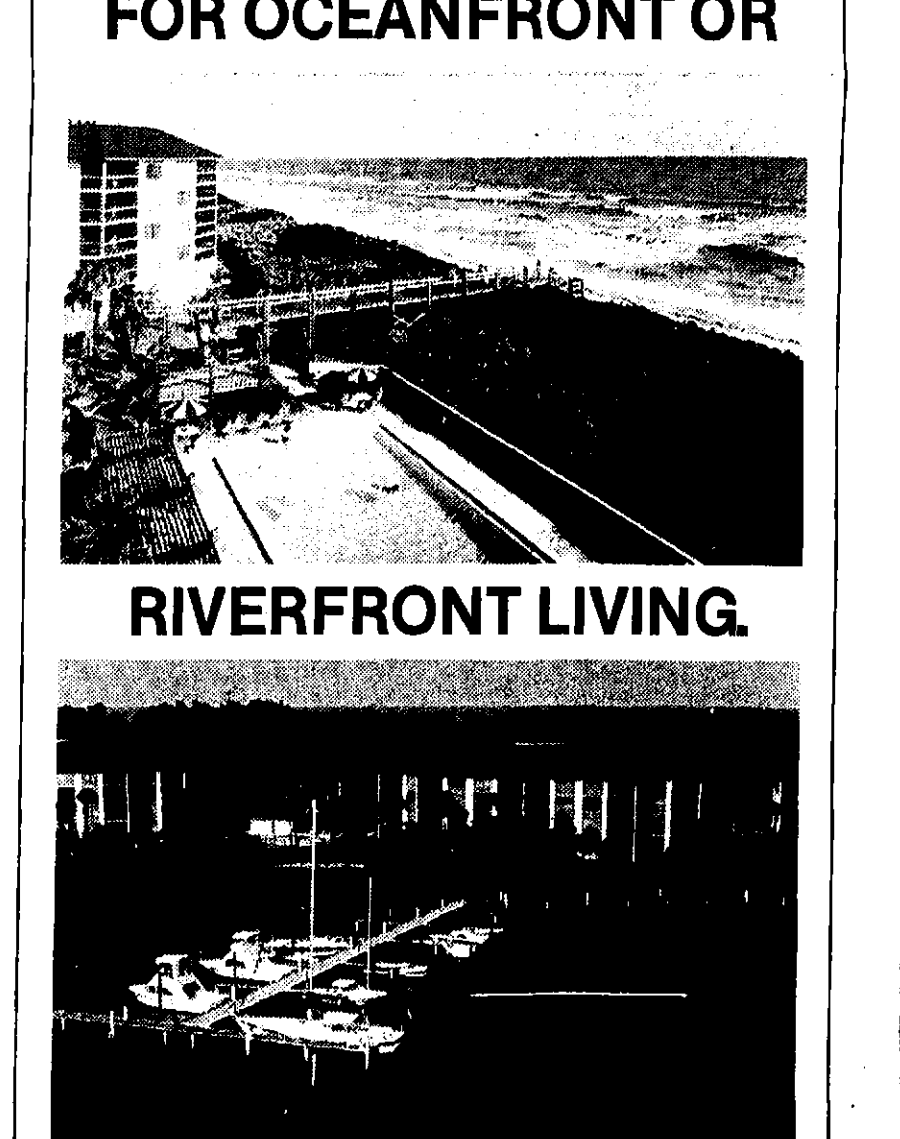
NOTICE IS HEREBY GIVEN that the Planning Board of the City of Novi will hold a public hearing to consider the rezoning of lands shown below.



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Youngberg warns of absence policy

NOVI — High School Principal Robert Youngberg has a word of warning for parents planning to take their children on extended vacations this spring — the school district has a "Preranged Absence" policy and it will be enforced.

Speaking at the March 15 board meeting, Youngberg reported that numerous teachers are concerned that some students will be missing quite a few days of school due to family vacations.

"It's not our intent to disrupt family vacations, but we are concerned about anything that disrupts the educational process," said Youngberg.

"If parents give their approval (for students to miss school) in written form, we'll go along with it," he said, "but we are concerned that things are getting a little out of hand."

The "Preranged Absence" policy states that students may be excused for preranged family vacations if the following procedure is followed: 1) Parent letter should indicate purpose and dates of absence; and 2) Preranged absence forms, obtained from the counseling office, main building, should be signed by each teacher concerned.

"It should be understood that this type of absence is not encouraged unless the student has a satisfactory academic, attendance and behavior record," states the policy. "Preranged absence is excused; therefore work missed may be made up."

Youngberg received board support for his intention to administer the policy firmly this spring.

Trustee Ron Millam called it "a message that has to go to the parents."

"I think parents should understand what a tremendous burden they place on students (by holding them out of school)," said Millam.

Trustee Gilbert Henderson added that "the adult world makes my blood boil by allowing students to miss classes."

"An employee who misses a day of work does not get paid," said Henderson. "If a student misses a day of school, they're skipping."

Henderson, a middle school principal in the Farmington School District, said he commiserated with Youngberg's position of having to deal with the "because parents will cover for students who miss school."

"I resent it when parents put me or any principal in the position of having to condone absences from school," he added.

Parents wishing to take family vacations this spring are encouraged to do so during spring break which begins April 20 and ends April 29. Questions regarding the policy may be answered by calling the high school at 349-5155.

Students to 'think'

Continued from Walled Lake, 1

In 1979 to study the need for teaching "Critical Thinking Skills" in Walled Lake schools. Although the study was launched with federal dollars, much of the work was done "on the side" with no school district dollars being available, he said.

This month Voss conducted an in-service workshop at Walled Lake Western High School teaching 14 elementary instructors how to include higher level thinking skills in classroom activities.

"Eighty percent of what you're teaching will not be useful (to the students) when they graduate from high school," Voss said. "The higher thinking skills — analysis, synthesis and evaluation — probably comprise less than 10 percent of the curriculum. They're not learned as easily, they're not taught as easily, and they're not tested as easily."

Critical thinking skills will soon become "the next educational bandwagon," Voss said. "We'll be jumping on it." Supplemental materials offering exercises in thinking skills already are becoming available, he added.

"But the problem with these materials is that they don't show the teacher how to teach the process (for critical thinking)," Voss cautioned. "Consequently, students will likely be dumbed-down when suddenly confronted with a question that requires them to evaluate, justify or interpret."

"The critical thinking skills project is designed to develop students' skills in processing information, reasoning and in making sound judgements," Voss noted in his introduction to the

in-service.

Testing thinking skills is a particular problem at the upper level, Voss noted. Multiple choice and true/false questions test knowledge and comprehension, but to test whether a child is thinking about the material being taught requires an essay question. If the instructor has 200 students, testing higher level thinking skills may be prohibitive.

In the course of his research, the committee evaluated samples of social studies curriculum in grades three through six. More than 90 percent of the learning objectives emphasized knowledge and comprehension. The higher thinking skills of analysis and evaluation were nearly non-existent among the social studies objectives.

In elementary classrooms, committee members discovered that discussions focused on fact recall and understanding. When polled only three percent of the teachers said they did a very good job of providing opportunity for students to practice higher level thinking. Fifty-five percent said they did an adequate to good job, and 42 percent said they did a fair to poor job of including critical thinking skills in classroom discussion.

The majority of these same teachers said the Walled Lake schools curriculum does not provide adequately for teaching critical thinking.

The transition to teaching critical thinking is not an easy one, Voss noted. "It's hard to explain the concept of there being 'no right answer' after teaching primarily knowledge and comprehension," he explained.



Novi-Walled Lake News/STEVE FECHT

Efforts recognized

Rotary President Harold Bulgarelli presented an award to Wendell Allen recently for his efforts in organizing the 1984 Winterfest. The two-day festival attracted approximately 7,000 people and included ice fishing contests, snowmobile races

and relays and an ice sculpturing contest. Winterfest is sponsored by the Walled Lake Action Committee of the Lakes Area Chamber of Commerce.

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City okays appeal of LCC ruling

WALLED LAKE — The city council is not ready to give up the fight against outdoor sales at Joseph (Al) Karner's Cooper Motor.

The council has agreed to seek a rehearing from the Michigan Liquor Control Commission (LCC), which last month reversed its original denial of Karner's request for an outdoor liquor sales permit.

"They can ask (for a rehearing)," said Commission Spokesperson Walter Keck. "I'm sure the commission will consider their request."

Police Chief Wilford Hook, who strongly recommended the LCC uphold the reversal "a very unwise decision."

Karner plans to fence off two parking spaces on the east side of the building for four picnic tables that may be used by patrons when weather permits.

If the commission does not grant the city a rehearing in the case, the city council may wish to submit the matter to an Oakland County Circuit Court judge for review, City Attorney John Donohue noted.

The city objected to Karner's plans because of concern over policing the outdoor sales, noise that might be generated by late-night patrons outdoors and the close proximity of the outdoor sales to Karner's skating cages where minors congregate.

Council members had little comment on the commission's reversal and simply instructed Donohue to seek a rehearing.

Keck noted that certain changes in a liquor license, such as a dance permit, require the local governing body's approval before the LCC can grant the change. The outdoor sales permit, however, only requires information from the local police agency.

Requests for outdoor sales are reviewed on their own merit, Keck explained. "There are such a variety of cases, it would almost be impossible to come up with absolute guidelines (for granting outdoor sales)," he said.

Keck said the appeal board members thought Karner would have adequate control over the outdoor area. After re-examining the request, they stated a well-defined and controlled outdoor service area would not be "more detrimental or disruptive to the neighborhood, the traffic flow of the area or the youthful patrons frequenting the bathing cage operation than currently exists."

Obituaries

HAZEL L. FARLEY
A lifelong Wixom resident, Hazel I. Farley died February 29 at the Pontiac Nursing Center. She was 69.

Reverend Lloyd Christler of the Walled Lake United Methodist Church officiated at March 3 funeral services through Lynch & Sons (Richardson-Bird Chapel) Funeral Home.

The daughter of William and Matilda (Greer) Witt, she was born July 12, 1914.

A homemaker, Mrs. Farley is survived by her husband, Kenneth. Other survivors include a brother, Harold Witt of Fowlerville, and two sisters, Ruth Parra of Walled Lake and Dorothy Thompson of Walled Lake. Four nieces and four nephews also survive.

Interment at Oakland Hills Memorial Gardens in Novi followed funeral services.

EDNA E. MURDOCK
Former Walled Lake resident Edna E. Murdock passed away March 8 at Clare Community Hospital. Funeral services were held March 11 at the Coker-Stocking Funeral Home in Harrison with Elder Dale Beavers officiating.

The daughter of Arthur D. and Clarissa (Galligan) Bailey, she was born July 7, 1904, and was 79 at the time of her death.

She moved from Walled Lake to Har-

Parks panel supports Momberg

Continued from Walled Lake, 1

reputedly considered the commissions insubordinate.

After listening to the tape of the meeting, the mayor had directed the commission's recording secretary to prepare verbatim meeting minutes rather than the usual summarized version. Although the council reviewed these minutes, it was not clear which comments might have been considered by the mayor to be insubordinate. Lentz refused to respond to queries about the incident and had no comment on the commissioners' resignations.

Although Lentz did not comment, there seemed to be a consensus that he objected to Momberg's remarks regarding a city Community Development Block Grant application.

Lentz had removed a \$14,700 park item from the grant application. When asked by the commission why

the item was missing, Momberg commented that he had been given about two hours notice to provide justification for the funding and was unable to do so, leading to the funding removal.

"The mayor said he had listened to the tape of our meeting and that John had referred to him in a derogatory manner," Keeney explained to the council. "He said John had publicly shamed his name, and the mayor would not tolerate that from a subordinate."

During his conversation with Lentz, Keeney said he learned the mayor had not consulted Momberg about desiring a change in the director's position. Keeney said he suggested Lentz talk with Momberg about his concerns, and the mayor indicated he would.

"I told the mayor I thought he was overreacting and that he should talk with John before dismissing him," Keeney commented. "He did not talk to John. In light of John's resignation

and the unwarranted efforts by the mayor (to remove him), I resign from the commission," Keeney said.

"We talk about a lot of things at the meetings, but we get the job done," said Momberg. "I have never been contacted by the mayor, but I guess he didn't appreciate comments he felt pertained to him."

If that was the case, Momberg said he also made comments disagreeing with the actions of council members Nancy Dingeldey, John Lee and Gunnar Metallala concerning efforts to create an emergency city manager position.

"If Mayor (Lillian) Spencer had a problem with something, she would have gotten hold of me. In normal business if there is a problem with an employee, you go to the person and reconcile it."

An earlier meeting with Lentz to discuss the budget had been cordial and smooth, Momberg said. Lentz might have been upset about steps in the meeting recording, Momberg ad-

ded.

"We use the tape only to aid the recording secretary. It was cut off because the discussion pertained to a certain city employee," said Momberg. "It was not cut off to berate or belittle the mayor's office." Council Member John Lee said he didn't agree with the resignations. "I understand your reaction and I probably would have done the same," he said. "It is the prerogative of the mayor to change department heads but I would ask him to get it done so we don't have this at every meeting."

Council Member Nancy Dingeldey said she was totally opposed to the methods employed by Lentz. "I don't want to talk of prerogatives," she said, adding to Lentz' justification for removing other city commission or committee members.

Since the resignations would not be good for the city, Dingeldey said she would like a reconsideration of the resignations. No one withdrew their resignation, however.

'Schools facing loss of accreditation'

Continued from Walled Lake, 1

revised budget is approved by the board.

According to Adler, who has worked in the school district's high school libraries for 25 years, Western's most recent accreditation is dated 1974. The most recent atlas is dated 1981.

"There are whole areas of knowledge our library does not even address," she added. For example, during the Iranian crisis in 1980, Western's library had one book on Iran, copyright 1965, she noted.

For the past five years, Adler's budget allocation for library books has been \$250; for periodicals, \$950; and for audio visual equipment, just over \$2,500. The NCA minimum requirement for library expenditures is about \$6,750 for a school with an enrollment the size of Western's.

"The whole collection in general is antiquated," she said, adding that an estimated \$2,257 is needed to bring the library up to "minimum" standards again.

A letter from NCA officials in

February informed the district its accreditation would be dropped by the 27th of the month if the library funding deficiencies were not addressed. Specifically, the NCA noted the lack of secretarial help in both high school libraries. Five years ago the library staff consisted of two full-time aides, one secretary and the librarian, Adler explained. Now she is the only staff in the facility.

The NCA notification also identified inadequate media expenditures and the inadequate collection of materials as further deficiencies.

In his response to the NCA, Sheldon said the success of the December millage would enable the district to address each of the shortfalls cited. Sheldon told NCA officials his recommendation for needed library expenditures would come before the board March 12.

Adler said she began to doubt whether the administration was serious about addressing the problem when she discovered the library recommendations did not appear on the board's March 12 agenda.

Let's get in touch

YOU SAVE 2 WAYS
When you Pre-Plan your funeral with **WILL Funeral Homes**

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\$20 Regardless of length

Inner linings or Fur collars extra Good thru March 31, 1984

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1067 Novi Rd. • Northville
349-8120
7 A.M. - 10 P.M. • 7 DAYS

Your Complete Ambulatory Health Care Center

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Internal Medicine: James W. Crowl, MD • Jerome Finck, MD
Office hours by appointment, 478-8044

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Laboratory and X-Ray: 24 hours a day. Comprehensive services include diagnostic ultrasonography and fluoroscopy.

Providence Hospital Ambulatory Care Center
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Store Hours: Mon.-Sat. 9 a.m.-4 p.m. OPEN SUNDAYS 10-6 Prices good thru Tues.

INDY'S MEAT HUT

FRESH COD \$2.39 Lb.	LEAN MEAT SPARE RIBS \$1.69 Lb.	KOWALSKI LIVER SAUSAGE Fresh \$2.09 Lb. Smoked \$2.19 Lb.	KOWALSKI NATURAL CASHING FRANKS \$2.49 Lb.
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24150 Novi Rd. at 10 Mile (in Erwin Farms) Novi
Phone: 349-0424

Douglas Water does the servicing **FREE** when you rent a **LINDSAY**

Now you can always have plenty of high quality soft water without worrying about service bills, or future replacement. For a small monthly fee, you'll enjoy all the wonderful advantages of Lindsay soft water. Make your life a little better.

You'll love having water that gets things really clean with less spotting on dishes and glassware. And won't it be nice to know your plumbing is protected from damaging rust and scale? Water affects so much of your life... don't you deserve the best?

You pay only **\$17.00** per month for a brand new 40,000 grain, fully automatic water conditioner. Similar units available for \$18.50 per month, where applicable.

We Specialize in Service On All Makes

DOUGLAS WATER CONDITIONER
7234 COOLEY LAKE ROAD • UNION LAKE
681-9996 or 343-3283

March Madness

\$740 EA.

PLYWOOD 4'x8'-1/4" Nominal CASH-CARRY-GOOD THRU 3/31/84 HUNDREDS OF OTHER VALUES plus SERVICE **WE SERVE YOU!!!**

FARMINGTON LUMBER
32800 GRAND RIVER 4 BLKS. E. OF FARMINGTON RD. 474-4015

DAILY 8:00-5:30 VISA MC SAT. 8-4 P.M.

PENTAX SUPER PROGRAM

50mm F1.7 \$259.95

Six exposure modes with new Asahi lens; Programmed automatic aperture, priority automatic, shutter priority, manual, matrix metering, flash and pre-programmed flash stop-down metering in the aperture priority or metered manual modes.

Includes Pentax USA one-year warranty (product registration)

MG 50mm F2.0 \$149.95

K-1000, 50mm F2.0	\$129.95
ME Super, 50mm F2.0	\$179.95

Miscellaneous Pentax Lens Closeouts up to 60% Off Sale ends 3/31/84

Northville Camera
105 E. Main Northville 349-0105
Mon.-Sat. 9A-Fri. 9-7, Closed Sunday

Standard Federal Savings announces a NEW Two-Year Bonus Rate Certificate

Lock-Up Special Bonus Interest NOW!

14.00%

ANNUAL INTEREST RATE FOR THE FIRST 3 MONTHS
Minimum deposit: \$500.00

With our new Two-Year Bonus Rate Certificate, you earn a 14.00% annual interest rate for the first three months and a 10.00% annual interest rate for the remaining 21 months. Lock-up these high interest rates NOW for a full two years!

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Now, **CASABLANCA FAN COMPANY** makes the pull chain as obsolete as the car crank.

Introducing... Intelli-Touch™, the computerized ceiling fan with wall-control convenience.

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10% OFF OUR ALREADY DISCOUNTED PRICES. ALL CASABLANCA FANS ON SALE. PRICES START AT \$233.00. (Includes sale discount)

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Lighting Fixtures For Every Decor
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MON., TUES., WED., SAT. 9:30-6:00 THURS., FRI. 9:30-8:00

Business Briefs



B. THOMAS STOVER

B. THOMAS STOVER, vice president and treasurer of the Walter Toebe Construction Company, has been elected president of the Michigan Road Builders Association (MRBA).

Stover has served on the MRBA board of directors since 1980. He was secretary/treasurer in 1982 and vice president in 1983.

Newly elected to the MRBA board of directors are Larry Wells of Walter Toebe Construction Company and Joe Maloure of C.A. Hull, Inc. of Walled Lake.

The MRBA serves over 400 firms involved in road, bridge, tunnel and airport construction throughout the state.

FIL SUPERFISKY has been honored as "Salesperson of the Year" at Rymal Syms Realtor's Nov 1983 office for a personal sales record of more than \$3 million during 1983.

In announcing the award, Rymal Syms President Conrad Jakubowski said, "We at Rymal Syms are particularly proud of the outstanding sales achievement of Fil Superfisky."

Superfisky, his wife Pam and children Dawn, Ann Elizabeth and Michael are longtime Novi residents.

SANDI ZYWICK, supervisor AT&T consumer products, has been named this year's Plymouth/Novi chairperson for the Junior Achievement Fund Drive, announced Jack Bechtel, Unit III chairman for the 1984 drive.

Northville resident Bechtel is director of procurement, American Motors Corporation. Funds raised in the drive will be used to support the Plymouth-Salem and Northville locations, at which 130 young people have formed 11 JA companies.

ALFRED AND JEANETTE DIVERNO of Milford have earned Qualified Ambassador status with Royal American Products.

PAUL FOLINO, an agent for State Farm Insurance Companies in the Northville area, has earned membership in the Millionaire Club, the firm's distinguished life insurance sales honor.

AS CLOSE TO FREE AS YOU CAN GET. 4 Piece Bed Room Set \$399. 90 Days Same As Cash. TR STATE FURNITURE. 3500 E. Grand River, Howell, Mi. 548-3806.

Criteria for the honor is based primarily on the quality and quantity of life insurance sold by the agent. Only about one in four State Farm agents attains membership in the club.

MILFORD now has its own miniature antiques mall at 342 North Main Street, known as The Upstairs Shops.

IDEAL ACCENTS/U.S. SUN ROOF is doing business at 40245 Grand River Avenue in Novi.

THOMAS COLIP of Northville has been honored by Lightolier, Inc. for achieving Silver Medalist status in a nationwide sales competition.

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THOMAS F. GAFFNEY

THOMAS F. GAFFNEY, executive vice president of Guardian Industries Corporation in Novi was elected to the board of directors of Central Life Assurance Company.

Leo earned his undergraduate degree in political science from the University of Michigan in 1977. He earned his law degree from the University of Puget Sound in Washington in 1980.

SANDRA WOLFORD, CRNA, of MILFORD, has been promoted to assistant director, nursing anesthesia, at Providence Hospital, Southfield.

WOLFORD has been employed at Providence for more than three years, first as staff nurse anesthetist and then as assistant chief CRNA.

At the meeting, president Roger K. Brooks reported the firm's assets have passed the billion dollar mark, climaxing the "most successful year in Central Life's history."

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One local call places a want ad in over 64,000 homes through the following newspapers:

Table listing newspaper circulation figures: Northville Record (131)348-3022, Walled Lake News (131)369-2121, South Lyon Herald (131)437-4133, Milford Times (131)685-8705, Brighton Argus (131)227-4438, County Argus/Pinkney Post (131)277-4437, Country Argus/Haltland Herald (131)227-4438, Fowlerville Review (151)548-2570, Livingston County Press (151)548-2570.

RATES GREEN SHEET ACTION ADS 10 words for \$4.95. Non-Commercial Rate 24 Per Word Over 10 Subtract 39¢ for repeat.

absolutely FREE. FLUFFY yellow cat, spayed, all shots, great with children. (313)224-884.

ADVERTISING. All items offered in this "absolutely free" column must be exactly true to those responding.

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Sliger/Livingston Publications GREEN SHEET CLASSIFIED ACTION ADS

010 Special Notices. 010 STAX-O-WAX PRODUCTIONS. D.J. service, 17 years experience, references available.

The New Franny's Fashion Outlet. South Lyon's only Discount Store. 9 Mile & Pontiac Trail in Brookdale Square.

DON'T WAIT UNTIL MONDAY! You can get Office hours as early as 8:30 a.m. to 5:30 p.m. Monday through Friday.

011 Absolutely Free. FLUFFY yellow cat, spayed, all shots, great with children. (313)224-884.

012 Houses For Sale. 021 Houses For Sale. 021 Houses For Sale.

013 Card of Thanks. I would like to thank all of my friends, neighbors, relatives, and friends who attended the funeral of my dear friend, Mrs. Mary Ann Sliger.

014 In Memoriam. In loving memory of my father, Adam Sliger, who passed away March 22, 1983.

015 Classified. 016 Classified. 017 Classified.

DUNK TANK RENTAL AND SALES. Uses Tennis Balls. Safe Use thru Fiberglass Tank. For Reservations Call 313/887-6537 a.m. or p.m.

BUY EARLY AND SAVE. BULK GARDEN SEEDS. ANION SETS 69¢. SEED STARTER TRAYS 79¢.

SHRUBS 'N STUFF INC. Complete Landscape and Design Service. Japanese Gardens • Rock Gardens • Patios • Decks • Retaining Walls.

When John Deere builds an economy rider, only the price is stripped down. \$2500. Secretary ads to be published Wednesday April 25.

Thesier Equipment Co. 28342 Pontiac Trail South Lyon 437-2091. March Special R-70 \$999.00.

GOOD NEWS FOR INCOME TAX BLUES! TWIN LAKES CONDOMINIUM IN BRIGHTON. One of the best remedies for income tax blues is a good real estate investment.

April 22-28 Secretaries' Week. You know she's important... Here's your chance to show the community how much she is appreciated for just \$2500.

MEMO FROM THE BOSS... your message... Picture of Secretary(s) Your Company. Phone Livingston County 548-2000.

MEMO FROM THE BOSS... your message... Picture of Secretary(s) Your Company. Phone Livingston County 548-2000.

MEMO FROM THE BOSS... your message... Picture of Secretary(s) Your Company. Phone Livingston County 548-2000.

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021 Classified. 022 Classified. 023 Classified.

024 Classified. 025 Classified. 026 Classified.

027 Classified. 028 Classified. 029 Classified.

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A.B. Dick printing press...
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CONCRETE finisher with...
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MEDICAL RECORDS SUPERVISOR
McPherson Community...

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QUEENSWAY Fashions...
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WATERS/Enron Order Cook...
159 Help Wanted
CHILD care, open 24 hours...
160 Help Wanted
Will clean your house daily...

161 Help Wanted
ACCOUNTING AND INCOME TAX SERVICE
162 Help Wanted
HOME BUYERS INSPECTION SERVICE
163 Help Wanted
CPA TAX preparation and accounting...

164 Help Wanted
MY DEEJAY'S
When good just isn't good enough...
165 Help Wanted
PROFESSIONAL typing, Term papers, resumes, letters...

166 Help Wanted
EVERTON'S INCOME TAX SERVICE
Complete Tax Services At Reasonable Prices...
167 Help Wanted
ACCOUNTING and income tax service...

168 Help Wanted
TRANSPORTATION
169 Help Wanted
201 Motorcycles
202 Auto Parts & Service
203 Trucks
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161 Help Wanted
EXCAVATION operator with...
162 Help Wanted
DON'T WAIT UNTIL MONDAY!
163 Help Wanted
MOTORCYCLES

164 Help Wanted
WHAT IS THE BARGAIN BARREL?
165 Help Wanted
TRAFFIC CONTROL

166 Help Wanted
FLEXIBLE, mature person...
167 Help Wanted
NORTHVILLE area...

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Buying in Livingston County Saves Dollars and Makes Sense!

#1 DODGE TRUCK DEALER IN LIVINGSTON COUNTY THAT'S OUR GOAL!

We Will Sell All PICK-UPS AT INVOICE!



EXAMPLE!

DODGE D-100
6 1/2' box, power brakes, carpeting, 4 speed overdrive, electronic ignition, 225 C.I.D., 6 cylinder engine, 4800 lb. GVW, dual mirrors.
\$5907⁶³*

EXAMPLE!

DODGE D-250
8' box, 6400 GVW, electronic ignition, 60 AMP alternator, 370 AMP battery, 225" slant 6 engine, dual horns, 8.0x16.5 tires.
\$6889.60
Cost Factory Rebate **500.00**

Chrysler Corporations 5 Yr./100,000 mile rust protection FREE!
ORDER YOURS TODAY!
Your Cost **\$6389⁶⁰***
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Hours: Mon/Thurs, 8-8; Tues/Wed/Fri, 8-6; Sat, 9-3

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OVER 200 CARS IN STOCK FOR IMMEDIATE DELIVERY WE REFUSE TO BE UNDERSOLD!
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John Colone's Factory Officials. Special Purchases With

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Destination, Handling Charges Included!

1983 Plymouth Horizon 4 door, automatic, 2.2 liter engine, rear defrost, much more! List \$7,679 Sale Price \$6,450 Rebate 800 Your Price \$5650 MONTHLY PAYMENT \$14879*	1983 Plymouth Reliant Station Wagon Automatic, 2.6 liter engine, air conditioning, stereo, power steering. List \$10,569 Sale Price 8,550 Rebate 1,000 Your Price 7,550 MONTHLY PAYMENT \$19882*
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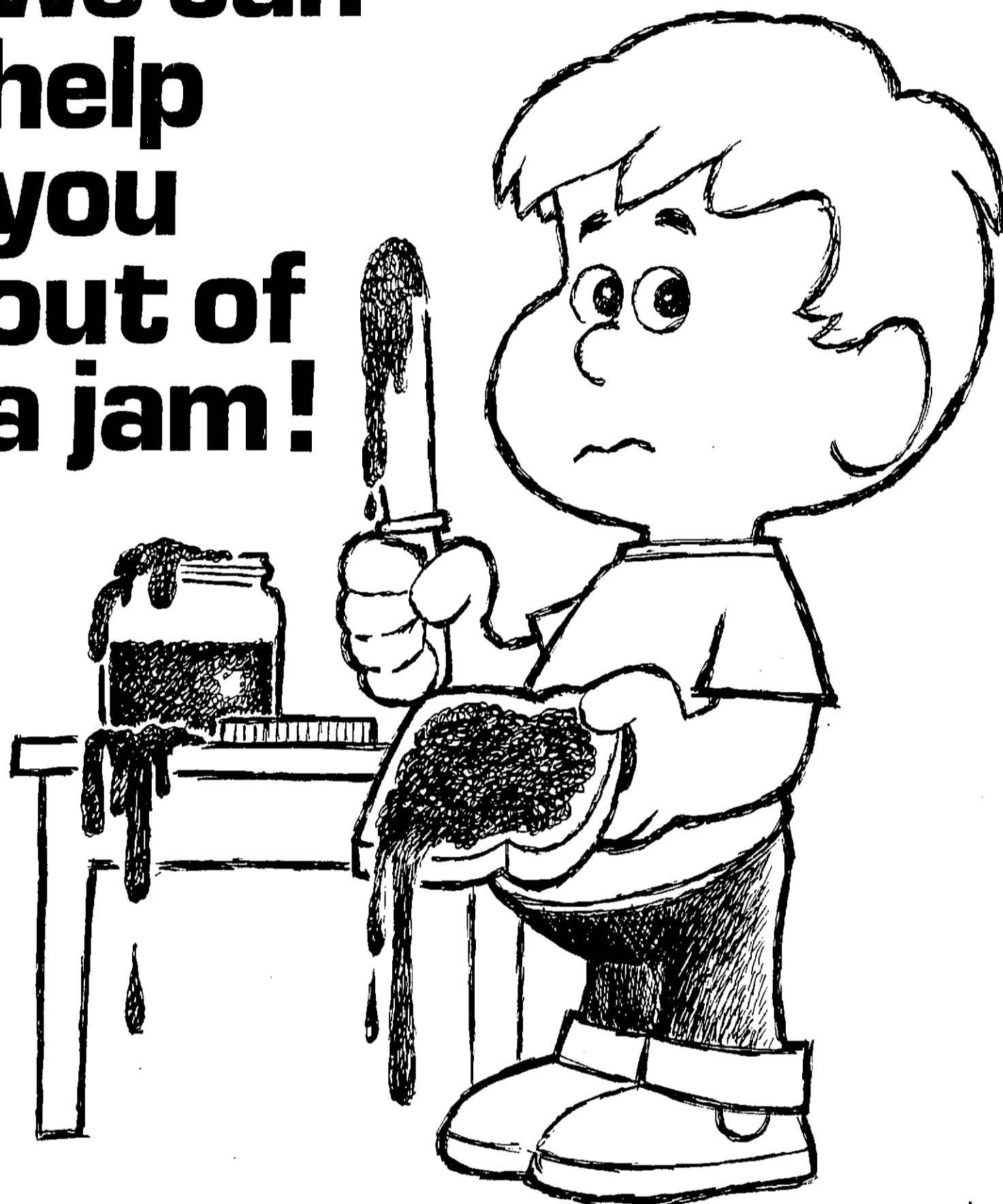
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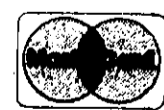
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Sports

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IT'S ALL OVER:
Western's cagers
fall in regional tourney/3C

1C

Wednesday
MARCH 21
1984

All-area volleyball team can really drill the ball



Novi-Walled Lake News/STEVE FECHT
First-team members of the 1984 All-area volleyball squad drilled opponents regularly this year. That's Western's Kris VanPutten seated in the chair. Other first team members are (clockwise from six o'clock) Novi's Missy Haltom, Northville's Cheryl Berryman, Robin Wheeler of Walled Lake Central, Mo Kapanowski of Lakeland and June Towns of Central.

If you ever need somebody to put on a volleyball clinic, you need look no farther than the 1984 edition of the Silver-Livingston All-Area volleyball squad.

Members of the All-Area spike squad demonstrated their clinical prowess throughout the season, diagnosing opponents' weaknesses and applying treatment that left them in the recovery room.

The 12 members of the 1984 All-Area volleyball squad were selected from the teams at Novi, Walled Lake Western, Walled Lake Central, Northville, Lakeland, Milford, South Lyon and Whitmore Lake high schools by sports editors from the Novi-Walled Lake News, Northville Record, Milford Times and South Lyon Herald.

The first team starts with Lakeland senior MO KAPANOWSKI, who gave her foes a strong dose of medicine with her powerful spikes, according to Eagle Coach Dave Montgomery. "Mo has one of the hardest spikes I've ever seen," Montgomery observed. "She can really hammer it."

The 5-7 Kapanowski, a first-team All-Area pick last season, led the Eagles to a 15-13 record (6-1 in the Kensington Valley Conference). She had a success rate of 92 percent in serving, 90 percent in spiking, and 89 percent in passing. Kapanowski also picked up 113 kills.

The first team also includes Novi senior MISSY HALTOM, who dissected her opponents with sets and hits. Haltom, another first-team repeater, cut up Wildcat foes with 90-percent success rates in serving, service reception, forearm passes and sets.

The 5-7 Haltom, Novi's team captain, led the 9-12 Wildcats' surge to the finals of their Class B district playoffs. Haltom, a second-team All-KVC choice, earned kudos for her mechanical skills and strong front-row play. "She gave us the spark we needed to keep team morale high," Novi Coach Gina Gerassi remarked.

Another first-teamer is Northville senior CHERYL BERRYMAN, who showed surgical precision with her high percentage of sets. The 5-6 Berryman hit on 325 of 546 possible sets (59 percent). "As the season got going, Cheryl was the type of person we looked to control the games," commented Northville Coach Steve McDonald. "She led by her actions rather than her words."

1984 All-area Volleyball

Player	FIRST TEAM		
	Height	Class	School
Cheryl Berryman	5-6	Senior	Northville
Missy Haltom	5-8	Senior	NOVI
Mo Kapanowski	5-7	Senior	Lakeland
June Towns	5-6	Senior	W.L. CENTRAL
Kristin Van Putten	5-9	Senior	W.L. WESTERN
Robin Wheeler	5-10	Senior	W.L. CENTRAL
SECOND TEAM			
Tracy Bennett	5-6	Senior	Milford
Aimee Frye	5-6	Senior	W.L. CENTRAL
Sanja Gohrman	5-2	Junior	Lakeland
Stephanie Harrell	5-8	Senior	South Lyon
Kate Meyer	5-8	Senior	South Lyon
Pat Beattie	5-4	Sophomore	W.L. WESTERN

HONORABLE MENTION

Chris Bender and Jill Whitman, Lakeland; Debbie Dean, Milford; Nicki Laboga and Cheryl Spenser, Northville; THERESA LEUICK and SHERI LAWTON, NOVI; MaryFran Peterlin, South Lyon; SHAUNA ANDERSON and PAITY FITZGERALD, WALLED LAKE CENTRAL; LORI MCGOVERN and BETTY GROSS, WALLED LAKE WESTERN; Diane Drath and Julie Dreftz, Whitmore Lake.

The 5-6 Mustang co-captain made 118 of 128 serves (92 percent) this season, leading the Northville netters to a 7-14 mark.

Founding out the first team is a third first-team repeater, ROBIN WHEELER of Walled Lake Central. The 5-10 senior was the heart of the Vikings and kept their blood pumping with her good play. "When she had a good game, we would have an excellent night," Lindstrom remarked. "We sort of flowed with her."

The 18-4 Vikings (10-3 in the Western Lakes Activities Association) were helped greatly by Towns' 82 percent serving, 80 percent spiking, 82 kills, 71 percent passing and 71 percent blocking.

Showing a lot of concentration was Walled Lake Western senior KRISTIN VANPUTTEN, who had nerves of steel in the Lady Warriors' operating room. "Her intensity on the court is something a lot of players should shoot for," commented Coach Fritz Tallian. "When the chips were down, she got us going."

VanPutten, a 5-6 two-year starter at Western, led the 11-8 Warriors with 31

service aces this season. She also had 55 spikes in 197 attempts (51 percent) and made 137 of 168 serves (80 percent).

First up on the second team is Milford senior TRACY BENNETT, who also made our second squad last year. The Redskin captain made good on 82 percent of her passes, 83 percent of her spikes and 82 percent of her serves.

"Tracy is a very good leader," commented Linda Clinead, coach of the 5-16

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Continued on 2

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All-area net team drilled opponents

Continued from 1

Redskins. The 5-8 Bennett added 14 kills.

SONIA GOHRMANN of Lakeland played her third year of varsity competition this year, despite being only a junior. The 5-2 Gohrmann made 96 percent of her serves. "She's my number one setter and server and a good defensive player," commented Montgomery, adding that Gohrmann was "the most stable player on the team."

Walled Lake Central senior **ALMEE FRYE** captained the Vikings and made good on 80 percent of her serves. "She always kept her head," said Lindstrom about the 5-4 Frye. "She's quick, played good defense, had a good serve and was a team leader. Almee was always there when it came time to get tough."

South Lyon senior **STEPHANIE HARRELL** was a bright spot for the

Lions in an otherwise bleak 6-22 season. The 5-6 Harrell, in her third year of varsity play, made 225 of 235 serves (96 percent). "She's a very intense girl," commented South Lyon Coach Larry Jackson.

Harrell and Lion senior **KATIE KIEFER** co-captained South Lyon this season. Setting was Kiefer's strong suit with 236 sets in 261 attempts (94 percent) this season. "She did an excellent job" quarterbacking the team, Jackson noted. Kiefer also made 152 of 172 serves (88 percent).

Rounding out the second team is the youngest member of the two squads, sophomore **PAM ROSSELLE** of Walled Lake Western. "Pam was by far our best offensive weapon this year," remarked Warrior Coach Tallian. The 5-9 Roselle led the team with 75 kills in 118 attempts (64 percent).



Novi girls prepare for soccer season

By B.J. MARTIN
news sports writer

The 20 young women on the roster of Novi High School's first-ever girls' soccer team constitute a pretty brave group.

Students petitioned the Novi school board last December to add women's soccer to the Wildcat varsity sports offerings. Getting the board's approval was a snap compared to what lies ahead for this year's athletically talented—but inexperienced—squad.

"We're just going to have some fun and try to have a good environment to learn the game," said Coach Nick Valenti, who also coaches the boys' team.

"We're not going to be equal in skills or experience with many of the teams we'll play, but we can be equal in physical ability," he added. "We've got some speed and strength and we'll try to utilize those qualities to our best advantage. We want to show we can run with them for the full 80 minutes."

There are only two seniors on the team, and that kind of youth will help Novi's program in the long run. The seniors are Heidi Zimmerman, the student most responsible for organizing the petition drive for a girls' soccer team, and Swedish foreign exchange student Mia Stephanson.

Zimmerman, sophomore Margherita Marini and freshman Natasha Kospon all tried out for the boys' team last fall, but missed the cut. They also played an important part in the petition drive and bring some much-needed experience to Novi's program in the long run. The seniors are Heidi Zimmerman, the student most responsible for organizing the petition drive for a girls' soccer team, and Swedish foreign exchange student Mia Stephanson.

Valenti's teams emphasize defense and it's little surprise he has slotted four of the seven freshmen on the team for defensive responsibilities.

"I'd like to build teams around defense and midfield and that's why I'm trying to get some of the younger players to learn those skills. I'm trying to utilize their growth potential."

All four freshmen defenders have soccer experience. They are Cindy Allan, Adrienne Amelio, Jill Bekish and Beth Cote. Respond is a promising forward and also will play some at goalie for Novi. Beth Cote will also draw some line duty, while Michelle Brandenburg, the only freshman without a rec soccer background, will mostly play midfield.

"We'll do a lot of shuffling as far as positions," Valenti said. "The idea here is to develop their all-around skills."

Members of the second team on the All-area volleyball squad knew how to X-ray and diagnose opponents' weaknesses. Named to the second team were (front row, left to right) South Lyon's Stephanie Harrell, Almee Frye of Walled Lake Central, Pam Roselle of Walled Lake Western and (back row) Lakeland's Sonja Gohrmann, Milford's Tracy Bennett and South Lyon's Katie Kiefer.

Whitehead sets mark in 'hot shot' contest

Joey Whitehead set a Novi record by scoring 95 points in the third annual Pepsi Hotshot Contest at Novi High School last Saturday.

More than 45 residents participated in the event, which was co-sponsored by the Novi Kiwanis Club and the Novi Parks and Recreation Department.

Results were as follows:

Boys 8 and Under: Bryan Groom, 26 points; Brian VanHorn, 18; Jason Sams, 16.

Boys 9-12: Joey Whitehead, 95 points; Matt Haran, 70; Steve Pede, 62.

Girls 9-12: Joanna Pascucci, 38 points; Lisa Kutuzec, 23; Laura Willard, 14.

Boys 13-15: Ken Chasse, 82 points; Bill Calhoun, 79; David DeRoo, 75.

Boys 16-18: Pat Haran, 74 points.

Men 19 and Over: Tom DeBoo, 76 points; Steve Chasse, 68; Robert Schram, 54.

Women 19 and Over: Lisa Willard, 19 points; Toni Hravatic, 14.

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Jewelry Greetings

by Allen DuQuet

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Bentley knocks Western out of regionals, 77-76

By KEN VOYLES
news sports writer

It was Cinderella team versus Cinderella team when Walled Lake Western took on Livonia Bentley in the first round of the MHSAA regional tournament at Livonia Franklin last Wednesday.

Unfortunately for Western fans, the bell struck midnight for the Warriors as Bentley eked out a heart-stopping 77-76 victory.

"It's tough to lose a game like that by one point," said Western Coach Walt Boehm. "But nobody expected us to be here (at the regionals) anyway."

Rebounding from a 2-21 record last year, the resurgent Warriors finished the season with a 12-11 record that included their first-ever district championship.

And the Warriors demonstrated conclusively that they belonged in the regional tourney by playing spirited basketball until a damaging third quarter. The Warriors had to fight for every point throughout the final period. Shooting fireworks erupted in the first half as both teams played patient offense and tenacious inside defense. Most of the scoring came from beyond the 20-foot range.

Bentley grabbed a 14-8 lead midway through the first quarter before Western fought back to tie it at 18-18 with a 1:01 to go and tied it again 20-20 on a basket by Troy Nichols with 37 seconds to play.

Bentley outscored Western in the early part of the second quarter to lead 32-27 with 2:57 before the half. But that's when the Warriors came alive, outscoring the Bulldogs 19-0 over the final three minutes to take a 37-32 advantage into the lockerroom at the intermission.

"That was good, really good, basketball," said Boehm of the hot shooting by both teams in the first half. "That's my kind of game."

Shifting to a man-to-man defense, Bentley outscored Western 23-14 in the third quarter, and only a late spur to the Warriors narrowed the gap to 55-51 going into the final eight minutes of play.

"They pressured us hard out front and we panicked a little bit in the third quarter," Boehm said.

That set the stage for a fast and furious fourth quarter. Western broke loose for 25 points but Bentley tossed 22 points through the cords to hang on for the 77-76 victory.

"We didn't get the rebounds when we had to," said Boehm. "I think at the end of the game we were the more tired of the two teams. There were so many decisive factors, it's hard to pin it down to one thing."

Mike Cullen and Rob Wendland, both seniors, shared scoring honors for Western with 19 points apiece. Kyle Chura, another senior, added 17, while Mike Bulgarelli chipped in eight points and Bill Robertson added six.

Bentley's Mary Rons led all scorers with 25 points and nine rebounds, while Phil Graczyk added 22 points.

"It's unfortunate somebody has to lose a game like that," said Boehm. "Our team did a great job all year long. I love these kids and would be proud to have any of them as a son."

The Warrior coach publicly thanked Walled Lake Athletic Director and Western Principal Richard Smith for the opportunity to coach the squad this year. Boehm was contracted to coach the Western team for one year. He said he would love to return as coach again next year, but his status is still undetermined.

The Warriors had their first winning season in history under Boehm, compiling an overall record of 12-11. In addition, this year's district championship was the first in the history of boys' basketball at Western.

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LEGAL NOTICE NOTICE OF APPLICATION

Notification is hereby given that Michigan National Bank-West Oakland, 24101 Novi Road, Novi, Michigan 48060 has filed an application with the Comptroller of the Currency on March 19, 1984, as specified in 12 CFR 5 in the Comptroller's Manual for National Banks, for permission to relocate its head office from 24101 Novi Road to 27540 Novi Road, Novi, Michigan, and to establish a branch office at 24101 Novi Road, Novi, Michigan 48060. Any person wishing to comment on this application may file comments in writing with the Regional Administrator of National Banks, Sears Tower, Suite 6700, 233 South Wacker Drive, Chicago, Illinois 60606, within 21 days of the date of this publication. The non-confidential portions of the application are on file with the regional administrator as part of the public file. This file is available for public inspection during regular business hours.

Publish: 3/21/84

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Living

the NOVI WALLED LAKE NEWS

BASEBALL CARDS:
Wixom's library features baseball cards/5C

FASHIONABLE TEEN:
Western student is named to fashion panel/5C

CHAMBER MUSIC:
Rausch Woodwinds perform at Novi series/5C

HEAVENLY TOUR:
Novi's library sets journey to the planets/5C

4C

Wednesday MARCH 21 1984

Ex-astronaut to speak here

NOVI - Former astronaut and U.S. Senate candidate Jack Louma will be the featured speaker when the Novi Chamber of Commerce holds a breakfast meeting at Meadowbrook Country Club on Thursday, March 22, at 8 a.m. The breakfast is co-sponsored by the Novi Chamber Political Action Committee (PAC) and the Novi Business PAC to raise funds to support political candidates.

Tickets are priced at \$20 apiece and can be ordered by calling the Novi Chamber at 349-3743. Deadline for reservations is Friday, March 23.

Born in Grand Rapids and raised in Ann Arbor, Louma, 48, entered the U.S. Marine Corps in 1959. He was assigned to the 2nd Marine Air Wing as an attack pilot at Iwakuni, Japan, and has logged 6,400 hours of flight time - 4,500 hours in jet aircraft and 240 hours in helicopter.

He became an astronaut with NASA in 1966, served as pilot of the Skylab III mission and was commander of the third flight of the space shuttle Columbia. During his 15 years with NASA he logged 1,620 hours in space.

Louma resigned from NASA in December 1983, returned to Michigan and announced his candidacy for the U.S. Senate post currently held by Carl Levin.

Louma has received numerous awards throughout his career and was inducted into the International Space Hall of Fame in 1982. He also has received distinguished service medals from NASA and the U.S. Department of Defense.

Schuster set for academy

NOVI - Eric Schuster, a senior at Novi High School, has been appointed to the United States Military Academy. The appointment was announced by Congressman William S. Broomfield.

The son of Mr. and Mrs. Leo Schuster of Meadowbrook Road, Eric is a member of the National Honor Society, German Club and N Club. He also is active in athletics and stands out on both the Novi football and wrestling teams.

He will begin classes at the Military Academy at West Point in July as a member of the Class of 1988.

Broomfield pointed out that other nominees are still under consideration for possible appointments. The academies make appointments until May 1.



Novi-Walled Lake News/STEVE FECHT

Students prepare to help MD drive with 'Superdance'

NOVI - It's "Superdance" time. For the eighth consecutive year, students from Novi and Northville high schools are joining forces for a dance marathon to benefit the Muscular Dystrophy Association (MDA). Superdance '84 begins this Friday in the Novi High School Commons at 6 p.m. and continues for 24 consecutive hours. Theme of this year's marathon is the popular song by Michael Jackson, "Beat It."

Over 300 students are expected to kick-off the event on Friday night. Dancers are asked to collect pledges to benefit MDA in return for their participation in Superdance.

Theresa Leurrck, Superdance chairman for Novi High School, said dancing for 24 hours is a challenge.

"Toward the end of the dance we try to encourage everyone to keep going by reminding them why we're doing this," she said. "We're using our strong muscles to help kids and adults whose muscles are being weakened by Muscular Dystrophy."

The Muscular Dystrophy Association is a national voluntary health agency, dedicated to the scientific conquest of muscle disease through research. MDA also provides free medical services to people with one of the 40 diseases covered by MDA programs, including the muscular dystrophies, myasthenia gravis and amyotrophic lateral sclerosis.

Visitors are invited to stop by Superdance anytime on Saturday from 10 a.m. to 6 p.m. Admission is \$2.

Leurrck: 'Toward the end of the dance we try to encourage everyone to keep going by reminding them why we're doing this.'

Julie Henrich named to educational society

NOVI - Julie Henrich of Novi has been inducted into Michigan State University's chapter of Kappa Delta Pi, the nation's only national education honor society.

The daughter of Mr. and Mrs. John Henrich, she is a 1981 Novi High School graduate.

Since its founding in 1911, Kappa Delta Pi has recognized excellence in scholarship, distinction through achievement and outstanding contributions to education. Members are selected on the basis of academic achievement, character and a commitment to education as a career.

Henrich, a junior majoring in elementary education and special education, also is a member of MSU's Council for Exceptional Children, which sponsors programs for exceptional youngsters.

In addition, she volunteers at an East Lansing elementary school and at the St. Vincent Home for Children in Lansing.

Library features baseball cards

Mike Leahy, a Wixom resident and owner of "The Old Ball Park" in Livonia, will discuss baseball card collecting at the Wixom library tonight (Wednesday) at 7:30 p.m. The program will include prizes, free baseball cards and a display of baseball memorabilia.

Kim McKinley of the "Village Spa" in Wixom will present a program about fitness and conduct a light aerobics demonstration at the library this Saturday. McKinley coaches girls' track and cross-country teams in the local school district.

Community Notes

DIABETES HELP: A group of parents with diabetic children is attempting to establish a support group, according to Sue Foster of Wixom. Membership is open to all parents of diabetic children in Wixom, Walled Lake, Commerce, Novi, Farmington and West Bloomfield. The group will meet the last Wednesday of each month at Bloomfield Library at Lone Pine and Telegraph roads at 7:30 p.m.

"The closest diabetes support group right now is located at Beaumont Hospital in Royal Oak," explained Foster. "We want to establish a local group so parents and youngsters can compare notes and share mutual activities."

Anyone interested in more information may call Foster at 624-3822 or Sue Bristol at 642-4942.

RICHARDSON CENTER: Senior citizens 60 years of age or older are invited to sign up for the hot meal program offered by the Oakland-Livingston Human Service Agency at the center Monday through Friday at noon.

Tax consultations are scheduled for tomorrow (Thursday) from 10 a.m. to 2 p.m. at the Novi Chamber of Commerce. For more information on programs at the Richardson Center call 624-1256. The center is located at 1465 Oakley Park Road near Walled Lake Central High School.

VILLAGE TRIP: Wolverine Lake Village and Commerce Township are sponsoring a family trip to Bobo Island on June 23.

Pay-one-price tickets are \$7 for 3-9 year olds and \$8 for 10-year-olds to adults. The bus will leave Village Offices at 9 a.m. Money must be turned in by May 16.

For more information or to make reservations call 624-1710 or 624-4817. All Wolverine and Commerce residents are eligible.

SETTLERS COOKBOOK: Residents are encouraged to submit recipes for a "Settler's Cookbook" to be published in conjunction with the Commerce April 12 "Cat in the Hat" and Double Dribble" to be shown April 19 and "Doughnuts and "Elmer Elephant" will be shown April 26.

Redford Reunion

REDFORD REUNION: Redford High School's classes of the 1930s will hold a reunion on Saturday, May 26, at 101 W. W. Road in Livonia.

For more information or to furnish additional much-needed names call Bill Biddinger at 427-2875, Jim Biddinger at 348-9132 or Chuck Biddinger at 476-6282.

Westacres Library

WESTACRES LIBRARY: The Westacres branch of the West Bloomfield Township Library will sponsor a program entitled "Diabetes: Sweet Sugar Blues" on Thursday, April 12, at 7:30 p.m. A registered nurse from Henry Ford Hospital West Bloomfield Center will provide information on the warning signs of diabetes. Registration deadline is April 9. Call 363-4022 to register or for more information.

Movies for school-age children will be shown at the Westacres branch every Thursday during April at 4 p.m. "Cabbages and Kings" and "Dragon Steer" will be shown April 5, "Ben and Men" and "Auntie Spidee" will be shown April 12, "Cat in the Hat" and "Double Dribble" will be shown April 19 and "Doughnuts and "Elmer Elephant" will be shown April 26.

Concert scheduled



LISA BUCKLES

NOVI - The Rausch Woodwind Quintet will be the featured performers when the Novi Chamber Music Society presents its next concert on Sunday, April 1, at 3 p.m.

The concert will be presented at the Faith Community United Presbyterian Church in Novi. Faith Community is located at 4400 West Ten Mile between Novi and Tall roads.

Admission is \$8 for adults and \$3 for students and seniors. A reception will follow the performance.

The Rausch Woodwind Quintet was formed by musicians from the Birmingham/Bloomfield Symphony.

Buckles selected for fashion panel

WALLED LAKE - Lisa Buckles of Walled Lake has been named to the 1984 fashion panel at Twelve Oaks Mall. Buckles, the daughter of Larry and Velma Buckles, is an 11th grader at Walled Lake Western High School.

The 25 members of the 1984 fashion panel were selected from nearly 200 applicants between the ages of 16 and 22. An evaluation was made by a panel of fashion and retail experts from personal interviews and runway presentations. Applicants also were judged on gracefulness, projection of personality, enthusiasm, style and self-confidence.

Members of the fashion panel will represent the fashion statements reflective of the 1980s stores and services at Twelve Oaks. They will serve on the panel through December, attending workshops on poise, polish and grooming. They also will be given information in retailing and modeling.

Panel members gain valuable experience and exposure in the fashion and retailing industry. They also have an opportunity to participate in fashion shows, in-store seminars and restaurant and window modeling.

In Uniform

GREGORY WILLIAMSON has been promoted in the U.S. Army to the rank of airman first class. A 1981 Walled Lake Western graduate, he is the son of William and Roberta Williamson of Walled Lake.

Williamson is a precision measuring equipment specialist with the 388th Component Repair Squadron at Hill Air Force Base in Utah.

MICHAEL ASHMEAD has been promoted to the rank of airman first class in the U.S. Air Force. The son of Nelson and Esther Ashmead of Walled Lake, he graduated from Walled Lake Western High School in 1980.

Ashmead is a fuels specialist with the 86th Supply Squadron at Ramstein Air Base in West Germany.

Petty Officer Second Class BOB BLUNKETT assisted at the Plymouth office of U.S. Naval Recruiting February 13-24. He is stationed aboard the U.S.S. Nimitz in Virginia.

A 1978 Northville High School graduate, he is the son of Mr. and Mrs. Samuel Plunkett of Novi.

During his stay at home, he helped his parents celebrate their 25th wedding anniversary.

Air Force Staff Sergeant DONOVAN HUSEMAN JR. has arrived for duty at Hesselich-Oldendorf Air Force Base in West Germany. He is the son of Donovan and Carol Huseman of Novi.

A law enforcement specialist with the 60th Combat Support Squadron, Huseman previously was assigned at Tinker Air Force Base in Oklahoma. His wife, Brenda, is the daughter of Clifford Robinson of Union Lake.

Marine Corporal THEODORE MARLING has received a Letter of Appreciation for superior performance of duty while serving at Marine Corps Base Camp Butler on Okinawa. He is the son of Nancy Colver of Walled Lake.

A Letter of Appreciation is official recognition of an individual's outstanding accomplishments and is presented during formal ceremonies.

Navy Electronic Warfare Technician 2nd Class BRIAN ALLISON has returned from a six-month deployment to Northern Europe as a crewmember aboard the destroyer USS Dewey. He is the son of Dennis Tester of Walled Lake.

While on deployment, the ship served as flagship for NATO's Standing Naval Force. The Dewey is 513 feet long and carries a crew of 377.

Marine Private ELVIS ZARVES has completed a Motor Vehicle Operator's Course. The son of Joseph and Judith Zarves of Walled Lake, he now has reported for duty with 3rd Force Service Support Group on Okinawa.

Births

WALLED LAKE - Thierry and Beverly Dechape of Walled Lake announce the birth of their first child, Jessica Monique. She was born February 23 at St. Mary Hospital and weighed eight pounds, 10 ounces.

Paternal grandparents are Michel and Monique Dechape of Northville. Edward and Valerie Beyer of Livonia are maternal grandparents.

Maternal great-grandparents are Harold and Lorena White and Charles and Mary Lou Beyer, all of Cincinnati, Ohio.

Gisele Dechape of Northville is paternal great-grandmother. Great-great-grandmother is Rosa Beyer of Cincinnati.

Church Directory

FIRST PRESBYTERIAN CHURCH 200 E. Main St., Northville 448-9911 Worship: 8:30 & 11:00 a.m. Church School: 9:30 a.m. & 11:30 a.m. Dr. Lawrence Chamberlain-Pastor Dr. Jo Tallaferra-Spirit of Education	WALLED LAKE FIRST BAPTIST CHURCH Wendell E. Biglow, Pastor Sunday: 8:45 Study, 11:00 a.m. Worship Worship: 8:30 a.m. & 11:00 a.m. Wed., Family Night Meal 6 p.m., Activity 6:30 p.m.
ST. JOHN AMERICAN LUTHERAN 2225 Gill Rd., Farmington Pastors: Charles Fox & Mark Radloff Church: 474-0584, Rectory: 474-4489 Sunday Worship: 8:30 a.m. & 11 a.m.	FIRST APOSTOLIC LUTHERAN CHURCH 2825 Haledale Rd., 11 Mile Farmington Hills, Michigan Services: 10:30 a.m. Every Sun. 7:00 p.m. 1st & 2nd Sun. of each month Sunday School: 10:30 a.m. Bible Class: 7:45 p.m. Tues. Song Services: 7:30 p.m. 1st Sun. of month
ST. PAUL'S LUTHERAN High & Elm Streets, Northville C. Boarger, Pastor K. Cobb, Assistant Pastor Sunday Worship: 10:30 a.m. Sunday School: 10:30 a.m. Saturday Vespers: 8:30 p.m.	FIRST CHURCH OF CHRIST SCIENTIST 1150 W. Ann Arbor Trail Plymouth, Michigan Sunday Worship: 10:30 a.m. Sunday School: 10:30 a.m. Wednesday Meeting: 8:00 p.m.
HOPE LUTHERAN CHURCH 12 Mile East of Haggerty Farmington Hills Sunday School: 9:15 Sunday Worship: 10:30 a.m. V.H. Messenbring, Pastor Phone: 553-7170	CHRISTIAN COMMUNITY CHURCH (Assemblies of God) 4135 Six Mile Rd., Northville Rev. Larry Frick—348-9630 Sunday School: 10:30 a.m. Sun. Worship: 11 a.m. & 6:30 p.m. Wed., "Body Life" Serv., 7:00 p.m. Christian Comm. Preschool & K-7
FIRST UNITED METHODIST CHURCH OF NORTHVILLE 8 Mile & Tall Roads Rev. Eric Hammar, Minister Worship Services & Church School, 10:30 a.m.	BUSHNELL CONGREGATIONAL CHURCH Meets at Mill Race Historical Village, Griswold near Main, Northville Morning Worship: 10:30 a.m. Church School: 8:30 a.m. Dr. Robin F. Meyers, Pastor—272-2650 Coffee & Fellowship following service
ST. ANNE'S EPISCOPAL CHURCH 420 E. Nichols Walled Lake 48088 Church School: 10:30 a.m. Church School: 10:30 a.m. Rev. Leslie Harding	FIRST BAPTIST CHURCH, NOVI 4331 11 Mile at Tall Rd. Home of Novi Christian School (K-12) Sun. School: 9 a.m. Worship: 11:00 a.m. & 6:00 p.m. Prayer Meeting, Wed., 7:30 p.m. Richard Burgess, Pastor 348-3847
NOVI UNITED METHODIST CHURCH 41871 W. Ten Mile-Meadowbrook 348-2822 & 348-1170 9:45 a.m. Worship & Church School 11:00 a.m. Worship & Junior Church Richard C. Griffin, Kearney Kirby, Pastors	FAITH COMMUNITY UNITED PRESBYTERIAN CHURCH 4400 W. 10 Mile, Novi 1/2 mile west of Novi Rd. Worship & Church School, 10:30 a.m. P.O. Box 1 Richard J. Henderson, Pastor
RICHARD HILLS BAPTIST CHURCH 23458 Novi Rd. (between 9-10 Mile) State Study For All Ages 9:45 a.m. Worship Services at 11 a.m. & 6 p.m. Wed., Midweek Prayer Service 7:00 p.m. Gary W. Schwitz, Pastor 348-5666	FIRST BAPTIST CHURCH OF NORTHVILLE 217 N. Wing Dr. James H. Luther, Pastor Sunday Worship: 11 a.m. & 6:30 p.m. Wed., 7:30 AWANA, 7:30 Prayer Service Sunday School: 9:45 a.m.
CHURCH OF THE HOLY CROSS EPISCOPAL 10 Mile between Tall & Beck, Novi Phone: 348-1175 Service: 8:00 a.m. & 10:00 a.m. Morning and School The Rev. Leslie F. Harding	OAKLAND BAPTIST CHURCH 22893 Beck Road, Novi Scott & Beck, 348-2845 Mike Boye - Pastor Teacher Sunday School: 10:30 a.m. Morning Worship: 11:30 a.m. Evening Service: 6:30 p.m.
GOOD SHEPHERD LUTHERAN CHURCH Wisconsin E., Lutheran Synod Worship Service 10:30 a.m. 4400 W. 10 Mile, Novi Sunday School & Bible Class 11:15 a.m. Family Worship: 10:45 a.m. & 6:30 p.m. Novi Community Center, Novi Rd. 1/2 S. 148 Future 9 Mile & Meadowbrook Gene E. Jahnke, Pastor—348-0585	FIRST BAPTIST CHURCH OF WIXOM & WIXOM CHRISTIAN SCHOOL (K-8) Wixom & W. Maple Rds. Family Bible School, 8:45 a.m. Family Worship: 10:45 a.m. & 6:30 p.m. Novi Community Center, Novi Rd. 1/2 S. 148 Future 9 Mile & Meadowbrook Gene E. Jahnke, Pastor—348-0585

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Science whizzes
Clifford Smart Junior High seventh and eighth graders claimed top honors in the Liv-Oak League Science competition this month. The eighth grade team of Jim Bell, Rich Budny, Carol Hitter, John Host, Mark O'Hanlon and Kevin Rossell placed first out of eight teams. And the seventh grade team of Carl Buchfink, Lisa D'Angelo, Kim Goodrich, Jenny Johnson, Staci Phillips and Dennis Thornton finished second. Larry Beale sponsors the teams. Each school competes in three rounds and the winner is determined by the total points in all three rounds.

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Library to host astrology program this Saturday

By JEANNE CLARKE
news special writer

Richard Ensign, head of the Crestwood School District planetarium, will present a program on Mars, Saturn and Jupiter at the Novi Public Library this Saturday at 1 p.m. The program will feature a 3-D film and is geared for school-aged children.

The Friends of the Novi Library has honored its past presidents by donating books to the library in their names. Past presidents and the donated books are Marian Pickl (Art through the Ages), Margaret Junker (MacMillan's Wild Flowers), Millie Parker (Victory Garden Cookbook), Jan Wilhelm (Guide to Successful Gardening), Mary Wilson (Readers Digest Complete Guide to Needlework) and Deiores Carter (Children of the World).

A book entitled "Book Collecting" was donated to honor Susan Foster, Virginia Kaluzny and Claire Ronk for their work on the annual book sale.

Anyone interested in honoring someone by donating a book can make arrangements by calling the library at 349-0720.

COMMUNITY ED: The Spring Brochure will be mailed the second week in April. Featured is a new Michigan History Class for senior citizens that runs six weeks and includes trips to historical sites throughout the state.

Upcoming events include a Special Opportunities Fair at South Middle School on April 30 from 7-9 p.m. and a Rape Awareness Seminar co-sponsored by the Jaycee Women on May 17.

A 12-week adaptive gym program will begin March 22 at Village Oaks Elementary. Offered through a

Novi Highlights

generous donation by the Novi Jaycees, the program fees are \$3 for residents and \$5 for non-residents.

Registrations are being accepted for the second session of swim lessons which begins April 2. Courses are available from Aqua-tots to Advanced. A "Wallpapering Tips" workshop will be held tonight (Wednesday) at 7 p.m. Upcoming seminars include CPR on April 4 and "Unstressing Your Life" on April 5. Call 348-1200 for more information on all community education activities.

HOLY FAMILY: Holy Family tied with St. Bede's of Southfield for first place in the float competition in Detroit's St. Patrick's Day Parade. Dick and Peg Whitney were in charge of this year's float. Approximately 350 Holy Family members went to the parade and returned for an Irish dinner at the church under the direction of Terry Jolly.

Father John Castelot will lead a Lenten series every Friday during April at 7:45 p.m. The series includes the Gospel of Mark on April 6 and the Passion of Mark on April 13. The Service of the Shadows (Tenebrae) will be held April 18 at 8 p.m.

The high school group will attend the Detroit Tigers Family Night game on April 23. Tickets are priced at \$2.75; call the church for reservations.

All seniors are invited to attend a potluck luncheon at the church on March 27. Call Mike Meyer at the Religious Education Office at 349-8837

for more information.

CO-OP NURSERY: Mary Gabler has been elected president of the Co-op Nursery for 1984-85. Other new officers are Mary Sallee, vice president; Sue Marshall, council delegate; Sally McInnes, membership chairman; Robin Kummer, secretary; and Carol VanSlembroek, treasurer.

Co-op parents have heard presentations recently from speech pathologists and students have taken field trips to the Novi Fire Station and Novi Post Office. In April students will attend a concert at Mercy College.

The co-op will hold an open house for interested adults at the Novi Methodist Church on April 10 from 7-10 p.m. For membership information call Sally McInnes at 349-4539.

PERSONALS: Samuel and Teri Jones announce the birth of a daughter. Stephanie Lynn was born February 29 at Providence Hospital and weighed six pounds, one ounce. Grandparents are Mr. and Mrs. Bill Kurin of Novi and Mr. and Mrs. Elijah Jones of Detroit. An early arrival, Stephanie was able to attend a shower for her mother hosted by Tina Dunn and Sherry, Kris and Janet Kurin at the Chateau Estates Clubhouse.

Christopher Wybo, 3, is visiting his grandparents, Mr. and Mrs. Don Babcock, in Rochester and his aunt and uncle, Bill and Carrie Kartahelster, in Crosswell. He is the son of Dave and Nancy Wybo of Oak Tree.

Florence Wyatt was a special guest when the Blue Star Mothers met at Lucy Needham's home last Thursday.

Mr. and Mrs. Edwin Steinberger hosted a birthday party for their grandson, Adam White. He is the son of David and JoEllen White. Special surprise was a Superman birthday cake made by his mother. Guests included Mr. and Mrs. Frank Steinberger and their sons Jeffrey, 5, and Jimmy, 2.

Donna Dobek is visiting her sister and brother-in-law, Jim and Debby Dyer, in Florida.

PIN POINTERS: Nadia Biagine won the mystery game. High bowlers were Diana Canup (197 in 502 series), Barb Walling (195 in 531 series), Mary Scott (186 and 180 in 505 series), Nadia Biagine (181 in 510 series) and Judy Curcio (501 series).

Lollipop	71	37
Bowling Bags	71	37
Eager Beavers	68	40
Hi Lows	51½	56½
Ball Busters	45½	62½
Mew Lods	44½	63½
M&M	42½	65½
Family Affair	38	70

BOY SCOUTS: Novi Boy Scout Troop 54 will visit the Toronto Science Center this weekend. The next committee meeting is April 2 at the Methodist Church.

Scouts throughout the Ottawa Council will conduct a food drive from April 1-14 in conjunction with the "Scouts Good Turn" project. Parents and scouts will see a summer camp film April 9 in preparation for their campout this summer at Wrights' Lake.

A court of honor was held in conjunction with the Dads and Lads Banquet recently. Skill awards were received by

Scott Gross (citizenship), Eric LaPierre and Bret VanDyke (community living), John Aho (conservation), Bret VanDyke (family living), and Scott Holavach and Eric LaPierre (hiking).

Earning merit badges were Bret VanDyke (first aid) and Bruce Johnson (sports). Adam Beal, Chris Gee, Scott Gross, Sean Johnson, Scott Holovach and Tom Holovach were promoted to Scouts. Eric LaPierre earned 2nd Class and Bret VanDyke earned 1st Class.

A special award was presented to Norman Young for his many years of service to Troop 54. Special guests were four Webelos from the Novi Woods Cub Scout Pack.

YOUTH ASSISTANCE: Anyone interested in seeing the new Novi Youth Assistance (NYA) offices in the Novi Parks and Recreation building is encouraged to stop by Tuesday through Friday from 9 a.m. to 4 p.m. Caseworker George Miller or Secretary Joan Miller will be happy to give a guided tour.

Vice president Joyce Glush will report on the annual bowlathon at the general meeting next Tuesday at 7 p.m. Eighty bowlers already have signed up for the May 19 bowlathon. Anyone wishing to bowl or sponsor a bowler should call 349-8398 for details.

NYA needs numerous items for its summer teen center. Anyone who can donate chairs, couches, a stereo or a pingpong table is asked to call 349-8398.

NOVI SENIORS: Shirley Comp, Ethel Allen, Velma Rouhan and Kate Magus were hostesses at the last potluck luncheon attended by over 80 seniors. Tour Chairman Gordon Wilcox announced a trip to Cranbrook on April

18. The bus will leave Holy Family Church at 9 a.m. and the cost is \$2.

Plans for a trip in May to Hidden Lake Gardens will be announced at the business meeting next Tuesday at the Novi Methodist Church at 7:30 p.m. Hostesses for the evening will be Erma Carey, Lucille Keye and Simee Langford. Annual dues of \$2 must be paid before the April meeting to be eligible for upcoming trips.

JAYCEE WOMEN: Denise Swope, chairman of the Cystic Fibrosis project, thanks local residents for donating more than \$300 to support research into the disease.

Plans for the May 12-14 state convention will be made at the meeting in the Jaycee House on March 27 at 7:30 p.m. Local nominees include Peggy Hoffman, Outstanding Sparkette; Lillian Mercier, Outstanding Sparkette; and Mary Jane Leininger, Outstanding Mainstay. Projects to be nominated for state awards include Visit with Santa, Christmas Is for Kids and Jaycee Appreciation Night.

The Jaycettes will sponsor a Mystery Dinner-Dance for senior citizens on Friday, April 13, under the direction of Kathy Ossian. Pauline Berry is chairman of the Easter Bunny program which will be held April 21 in conjunction with the Easter Egg Hunt sponsored by the Parks and Rec Department.

Any woman 18-35 years old is encouraged to call President Sue Riley at 471-3123 for information about membership in this active organization.

Novi Highlights is written by Jeanne Clarke. To submit an item for Highlights call her at 624-0173.

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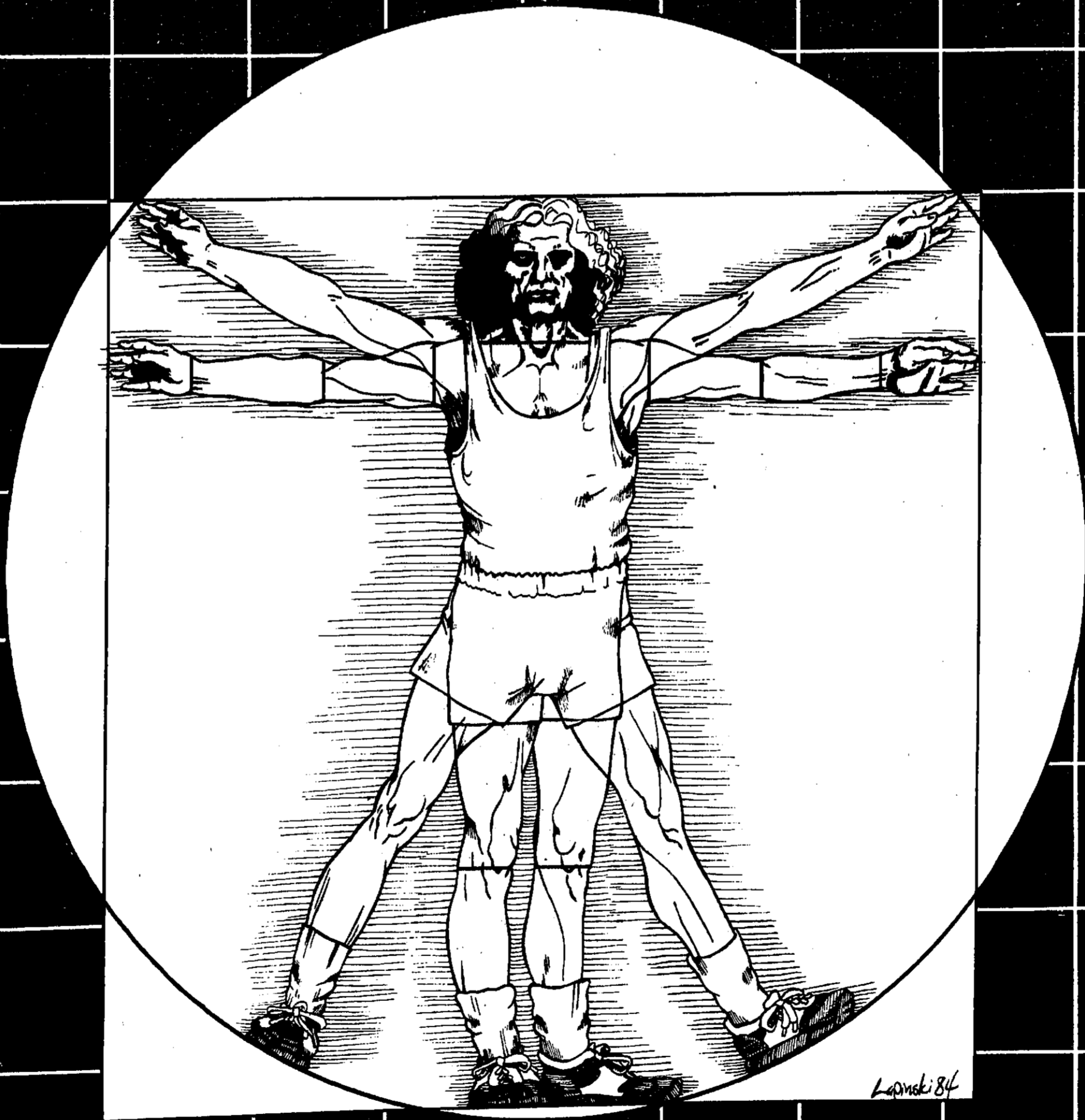
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HEALTH & FITNESS



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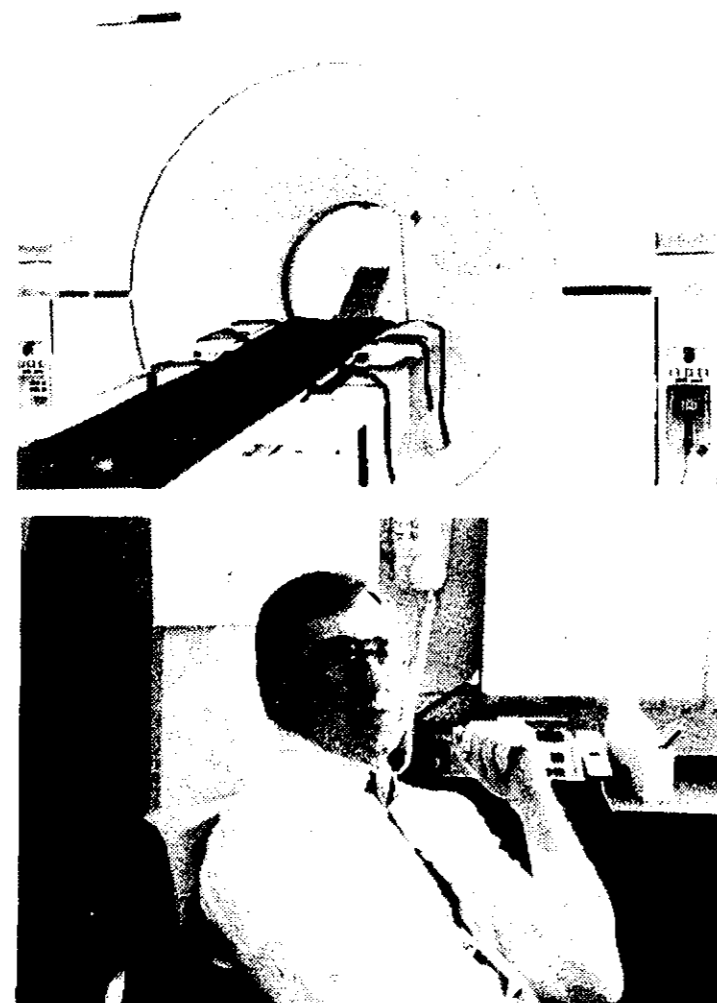
So You're Going To Have A CT Scan...

...and there are probably 100 questions running through your mind. David A. Kellam, D.O., Chairman of the Department of Radiology at Pontiac Osteopathic Hospital discusses some of the concerns you may have about the exam.

Q. What is a CT Scan?

A. A CT Scan is an x-ray taken with a machine which is linked to a highly sophisticated computer.

The term CAT, or more commonly, CT, stands for Computerized Axial Tomography. This refers to computerized images (x-rays) taken of the body in thin slices or sectional exposures (tomography). The highly technical Scanners take cross-section (axial) and other views of such areas as the brain, chest, abdomen and extremities, or more specialized areas such as the eyes, inner ear, larynx, spine and pituitary gland.



Q. How long does an exam take?

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A Radiologist is always in attendance during the exam to answer your questions and for immediate reference. He or she will interpret the results of your exam and review them with your personal physician.

Q. What happens in the exam?

A. The exam is quite simple from a patient's point of view. You rest as still as possible on a comfortable table which is slowly moved through a large doughnut-shaped aperture called a gantry. As you move through the gantry x-ray images of the area of interest are produced.

Q. What will I feel?

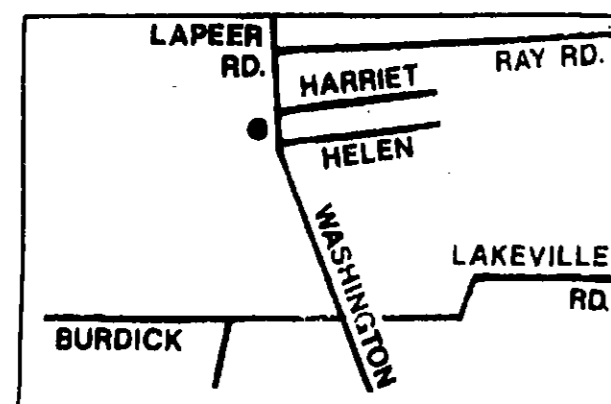
A. There is no pain or discomfort associated with most CT Scans. Occasionally a patient may require an intravenous injection of contrast material for viewing specific detailed areas of the body. You simply rest comfortably on the table through the scanning process.

Pontiac Osteopathic Hospital

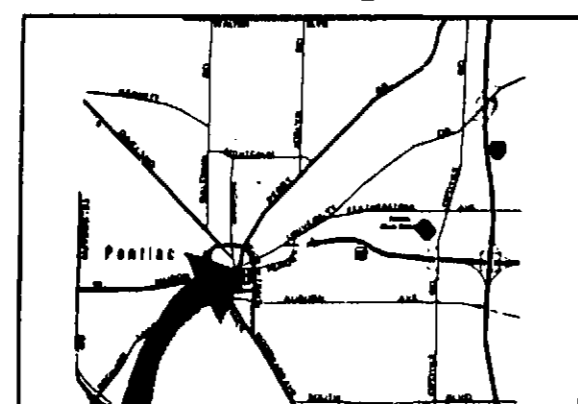
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If you have any additional questions about the CT Scanner, or any of the other health care services and community programs offered by Pontiac Osteopathic Hospital or the Milford and Oxford Health Care Centers contact the POH Public Relations Department at 338-5385.

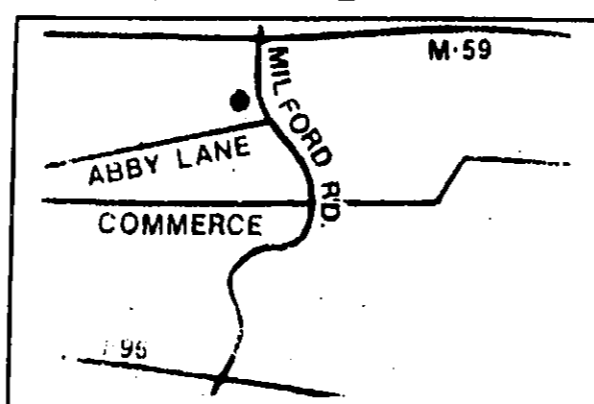
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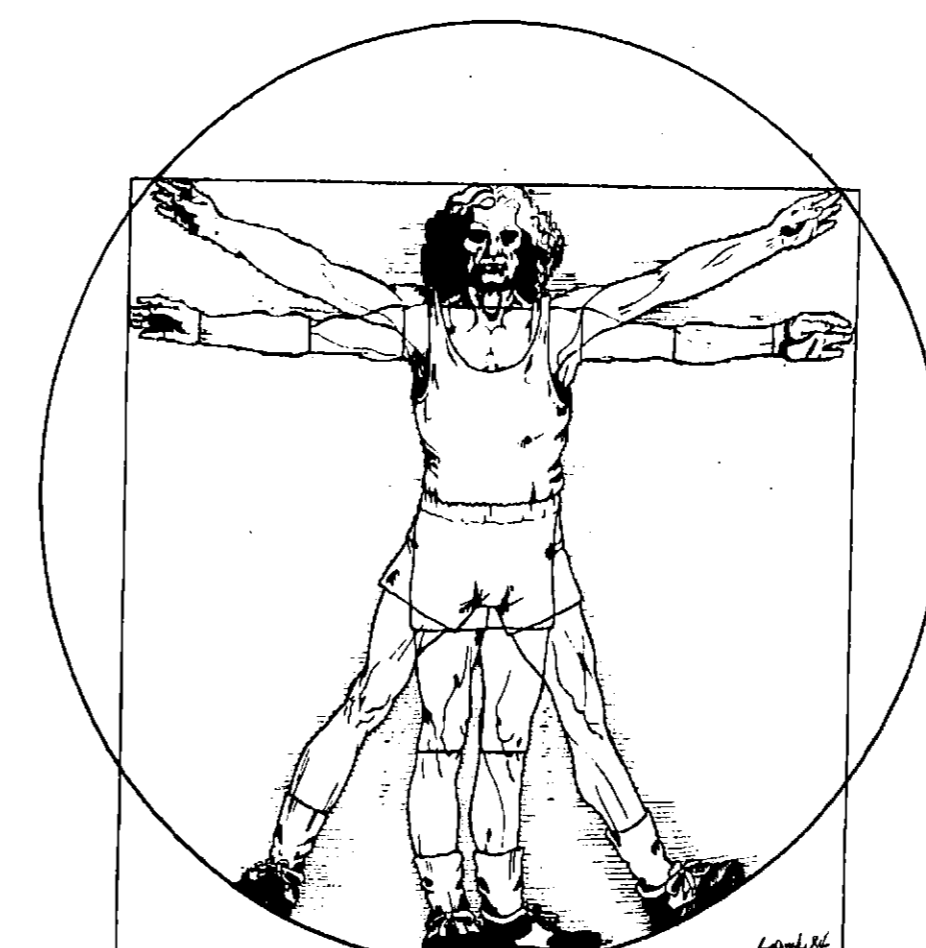


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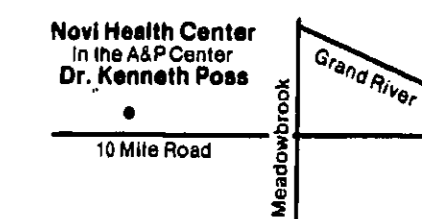
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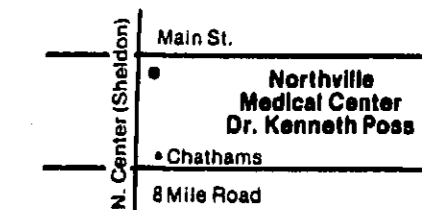
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Say aahhhh...

it may add
years to
your life

Taking care of our health used to mean a regular physical examination by the family doctor. It still does, but the periodic checkup today is considered only part of a new, growing self-responsibility for a healthy lifestyle.

Health experts now describe lifestyle as one of the most important factors affecting health.

Through common-sense changes in living habits, it is estimated, as many as seven of the 10 leading causes of death could be reduced. The Public Health Service lists cigarette smoking, alcohol and drug use, eating habits, exercise and fitness, stress control and personal safety habits as factors to be evaluated in regard to a healthy lifestyle in a physical.

"We are seeing the return of the family doctor—the GP of old, complete with new knowledge and understanding," states a family guide to new choices in health care, "How to Get the Best Health Care for Your Money," edited by Lori Breslow.

The American Medical Association (AMA) also states that the family doctor "who is acquainted with your

background and personal problems is the person best equipped to give the health examination.

"He is interested in you, and you have faith in his competence—this sympathetic bond is very necessary for mutual understanding and cooperation in the

A routine physical examination is not a thing of the past. A regular check up, accompanied by good clean living, may help a lot of people lead longer, fuller lives. **By JEAN DAY**

maintenance of health."

The word "annual" often is used in relation to the physical examination, but the AMA points out that the interval is not fixed. For those under 40 and free from symptoms, an examination every second year may provide sufficient pro-

tection. For those who have had special health problems, it may be every three to six months.

A routine health examination, the AMA says, can be completed within an hour, although some additional time will be needed for analyzing x-ray and laboratory tests.

Your doctor will first ask some questions about your living habits, your work, your diet and hours of sleep. He will want to know about such smoking, drinking and exercise habits.

Family histories also are part of your health record.

For the examination, the doctor will have a patient disrobe in order to check posture and balance and make other observations.

The AMA says that the head-to-toe scrutiny will include examination of eyes, ears, nose and throat. Any enlargement of the thyroid gland or lymph nodes in the neck will be noted.

The physician will listen to heart and lung action, take blood pressure and make an examination of the abdomen. He notes condition of the arteries and nerve reflexes.

While chest x-rays are usually routine, others are a matter for his judgment.

From a sample of blood collected from an arm vein, a white blood count and hemoglobin determination are made. The doctor will usually order a urine specimen to be collected as well as any other tests he feels are indicated.

The discussion which follows when results are complete may be the most valuable portion of the whole examination. The doctor may make suggestions in regard to your daily living. If defects are noted, you may be referred to a specialist.

The latest growing alternative to getting health care at a doctor's office is through a group health center known as HMO (Health Maintenance Organization). Across the country, they offer a range of services at less cost than traditional insurance programs. "How to Get the Best Health Care for Your Money" explains. The services include checkups; however, doctors at the health centers must be used for the plan to pay costs.

"Today the concept of health goes by many names—wellness, healthfulness, health maintenance, self-care, illness prevention, health promotion, well being, health style," points out Sister Xavier Ballance, D.C., president of Providence Hospital.

"By whatever label," she says, "the concept is the same: keeping the body physically able to support its spiritual and mental work."

Providence Hospital, located at 16001 West Nine Mile in Southfield, has a family care center at 210 North Lafayette in South Lyon and an ambulatory care center at 29500 West Ten Mile in Novi.

In the winter issue of Providence Magazine, Sister Xavier suggests "assessing your current lifestyle."

"Each of us can become our own primary health care provider by taking better care of God's gift of life," she states, suggesting that readers complete a personal lifestyle inventory.

The healthstyle test was developed by the Public Health Service:

Healthstyle test

HEALTHSTYLE:

A self-test

(In answering, score 2 for always, 1 for sometimes, 0 for almost never—with exceptions as listed.)

CIGARETTE SMOKING

If you never smoke, enter a score of 10 and go to the next section.

1. I avoid smoking cigarettes.
2. I smoke only low tar and nicotine cigarettes or I smoke a pipe or cigars.

Smoking score

ALCOHOL, DRUGS

1. I avoid drinking alcoholic beverages or I drink no more than 1 or 2 drinks a day (Score 4 for always on this question).
2. I avoid using alcohol or other drugs (especially illegal drugs) as a way of handling stressful situations or the problems in my life.
3. I am careful not to drink alcohol when taking certain medicines (for example, medicine for sleeping, pain, colds and allergies) or when pregnant.
4. I read and follow the label directions when using prescribed and over-the-counter drugs.

Alcohol, drugs score

EATING HABITS

1. I eat a variety of foods each day, such as fruits and vegetables, whole grain breads and cereals, lean meats, dairy products, dry peas and beans, and nuts and seeds. (Score 4 for always on this question).
2. I limit the amount of fat, saturated fat, and cholesterol I eat, including fat on meats, eggs, butter, cream, shortenings and organ meats such as liver.
3. I limit the amount of salt I eat by cooking with

only small amounts, not adding salt at the table and avoiding salty snacks.

4. I avoid eating too much sugar, especially frequent snacks of sticky candy or soft drinks.

Eating habits score

EXERCISE/FITNESS

1. I maintain a desired weight, avoiding overweight and underweight. (Score 3 for always on this and the following question).
2. I do vigorous exercises for 15-30 minutes at least three times a week (examples include running, swimming, brisk walking.)
3. I do exercises that enhance my muscle tone for 15-30 minutes at least three times a week (examples include yoga, calisthenics.)
4. I use part of my leisure time participating in individual, family or team activities (gardening, bowling, golf, baseball.)
5. I have a job or do other work I enjoy.

Exercise/fitness score

STRESS CONTROL

1. I participate in group activities (church and community organizations) or hobbies I enjoy.
2. I find it easy to relax and express my feelings freely.
3. I recognize early, and prepare for, events or situations likely to be stressful to me.
4. I have close friends, relatives or others whom I can talk to about personal matters and call on for help when needed.
5. I have a job or do other work I enjoy.

Stress control score

SAFETY

1. I wear a seat belt while riding in a car.
2. I avoid driving while under the influence of alcohol and other drugs.
3. I obey traffic rules and the speed limit when driving.

4. I am careful when using potentially harmful products or substances (household cleaners, poisons and electrical devices.)
5. I avoid smoking in bed.

Safety score

WHAT YOUR SCORES MEAN

Scores of 9-10

Excellent. Your answers show that you are aware of the importance of this area to your health. More importantly, you are putting your knowledge to work for you by practicing good habits.

Scores of 6-8

Your health practices in this area are good, but there is room for improvement. Look at the items you answered with "sometimes" or "almost never." Even a small change can help achieve better health.

Scores of 3-5

Your health risks are showing. Perhaps you need help in deciding how to successfully make the changes you desire.

Scores of 0-2

Obviously, you were concerned enough about your health to take the test, but your answers show you may be taking unnecessary risks with your health. You can easily get help and information you need to improve if you wish. The next step is up to you.

Anyone interested in obtaining a copy of the winter edition of Providence Magazine which contains the healthstyle test and other health information without charge may call Judy Mecum at the hospital, 1-313-552-9000.

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PROVIDENCE NOVI RUN

Sponsored by Providence Hospital's Ambulatory Care Center and Novi Parks and Recreation

Sunday, April 29 • Race Time 1:30 p.m.
5,000 and 10,000 Meter Run • One Mile Fun Run/Walk

The fourth annual Providence Novi Run is sponsored by Providence Hospital in conjunction with the Novi Parks and Recreation Department. It is our way of encouraging healthy habits through regular exercise. Providence's community health education department also sponsors a wide variety of classes designed to help you make your lifestyle a healthy one. Registration is currently underway for the Providence Novi Run. Pre-run activities begin at 12 noon at the Novi High School commons. For additional information and run registration forms, call 552-9041.



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Providence Ambulatory Care Center
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STEVE FECHT

Smile... your teeth can be the picture of health

Gum disease is a common problem among the adult population. But following years of advice and lectures from dentists, people seem to be giving more attention to healthy teeth, as well as all-around health.

By PATRICIA N. BOWLING

According to the American Dental Association, Americans not only are paying greater attention to diet and fitness these days, they're starting to take better care of their teeth.

Dentists have been harping on preventative dental care for over a decade, but it wasn't until the health and fitness wave swept across the nation in recent years that their message started yielding some results.

"People have become more acclimated to preventative dental care, making it part of their fitness routine," said Dr. Chester Kocchia, a pediatric dentist at Henry Ford Hospital's West Bloomfield Center.

Although oral hygiene in this country still "leaves a lot to be desired," Kocchia noted, there have been substantial improvements.

Gum diseases are the biggest problem among the adult population, Kocchia said. Without careful attention, even adults who have little problem with tooth decay can fall victim to gum diseases.

But the number of people brushing and flossing their teeth regularly, as well as remaining faithful to a twice-a-year checkup, has increased, Kocchia said. "The number of people (practicing routine dental care) has increased because dentists on the whole have really emphasized preventative dentistry. We also know more people are asking how to brush and floss properly."

Kocchia noted it is possible to harm the gums by flossing incorrectly. The brushing/flossing routine is best when prescribed by a dentist to fit the individual's teeth and mouth, he said.

While the emphasis on fitness in recent years has helped improve dental care among adults, other trends in the last decade have caused new dental pro-

blems for young children, Kocchia said.

Dentists used to recommend that parents schedule their youngster's first visit to the dentist at about age three. "Now we prefer to see them younger—at about 18 to 24 months," Kocchia noted.

"One reason for advising the earlier visit is a higher incidence of "nursing bottle caries"—tooth decay caused by babies left to pacify themselves on a bottle for long periods of time.

"It's becoming more and more prevalent in our society for both the mother and father to be working," Kocchia noted. Consequently, the child is left with a sitter or in a day care center where the bottle may be used as a pacifier.

"Even at 18 months a child can have quite a bit of dental decay," Kocchia said. Allowing the child to take a bottle to bed contributes greatly to this problem, he added. As soon as babies begin teething, they should be taken off the bottle, he advises.

But if a parent insists on allowing the bottle even after the teeth begin growing, Kocchia suggests using water in the bottle rather than juice or milk. Chemically treated water has fluoride in it, he noted, and this can actually be advantageous for the youngster.

Another recent change in dental care is in the area of diagnostic x-rays, Kocchia said. "Dental x-rays have much less radiation than other medical x-rays," he explained. Nevertheless, with the public becoming more "radiation conscious," dentists have responded by revamping the diagnostic routine by recommending much fewer x-rays than in the past. In addition to cutting down the exposure to radiation, the new routine costs less, he added.

"We think it's for the better," he said.

Good shoes get you off your seat and on your feet

The first mistake inexperienced runners make is buying a bargain shoe. It's best, some say, to pick a shoe that will give you the support you need—even if you're just an every-now-and-then runner.

By BUDDY MOOREHOUSE

So you want to get into running, do you? We're not just talking about running to the TV set to change channels either. We're talking about serious running here.

Well, unless you're Abebe Bikila (former Olympic gold medalist from Ethiopia who used to run marathons bare-footed), you're going to need some shoes. And according to the experts, you'd be wise to invest in a good pair.

"I'd say that one out of every three people who buys running shoes here is just starting out," said Jeff Leist, owner of Leist Sports in Howell. "They say that they're just going to run a half-mile or mile a night, so they just buy a \$16 pair of shoes.

"If they want to do that, fine. But we tell them that they'll be back in a couple weeks with shin splints, looking for a better pair. And that's usually what happens. They say, 'You were right.'"

According to Leist, runners must diagnose their individual problems with running before deciding what shoe to buy.

"We ask them if they have problems running on the sides of their feet," Leist said. "The majority of people don't run flat on their feet, like they should."

Running on the insides of the feet is called supination, while running on the outsides is called pronation. Leist said that runners must diagnose if they have either of these problems, then find a shoe with extra support where it's needed.

Another problem common with beginning runners, Leist said, is "heel-striking."

"You're supposed to run on the balls of your feet, but most people don't do that," Leist said. "They run heel-toe, heel-toe. That will wear down the heels of a shoe really fast."

To help with that problem, Leist said, there are several shoes on the market with extra-thick heels.

Another area that runners must think about before buying a pair of shoes is what type of surface they'll be running on. Shoes with cleated soles are good for flat surfaces or gravel, while smooth-surface shoes are only good for running on asphalt or tracks, Leist said.

After you've trained for a while, your next step as a runner might be to enter one of the numerous races held throughout the area, such as the Melon Run in Howell or the Run Through Hell in the Pinckney area.

If that's your plan, you probably won't want to race in the same shoes you use for training. Donald Magyari of Howell, an experienced runner who has competed in the Boston Marathon and other prestigious races, has one set of shoes for training and another for racing.

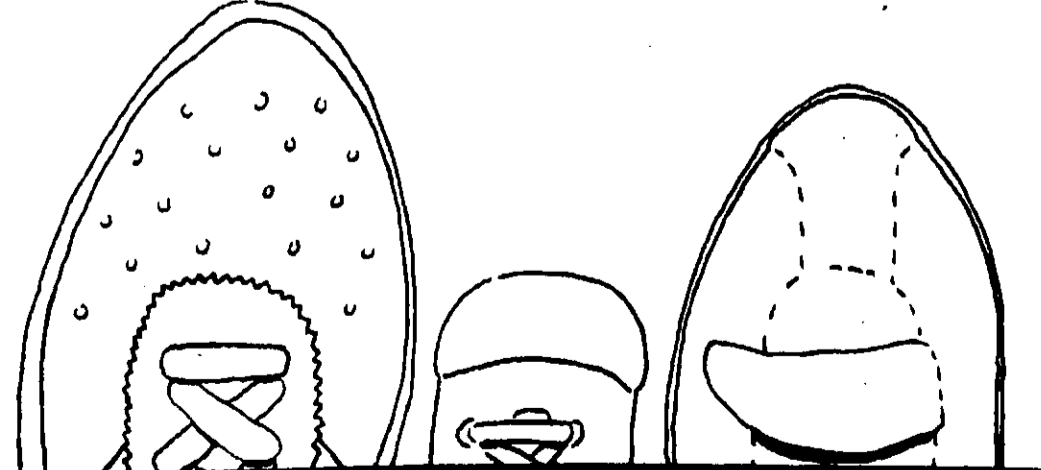
He trains in a sturdier, heavier shoe with a lot of support. The shoes he races in are lighter.

Magyari said his training shoes contain plenty of support for his ankles. "The shoe doesn't let my foot go from side to side," he said. "That's what I need."

For people who are getting into running, Magyari advises the purchase of a good pair of shoes.

"You can really get hurt if you have a cheap pair of shoes," Magyari said. "That was my problem when I first started. I had a pair of shoes that was too hard, and when I ran, I had knee problems and my back went out. The next day, I could hardly get out of bed."

Magyari said prospective runners should go to a store where the people know about running. "You shouldn't just look for a bargain, either," he said. "It's worth it to buy good shoes."



Wednesday, March 21, 1984

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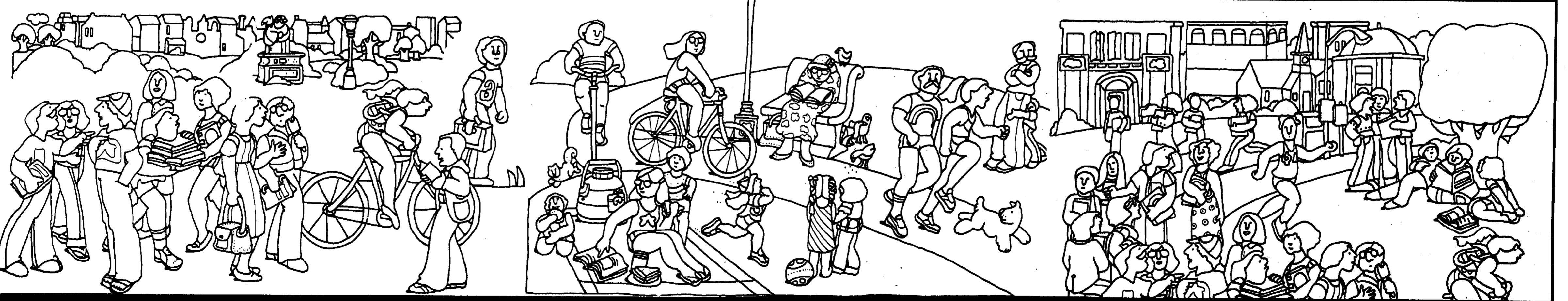
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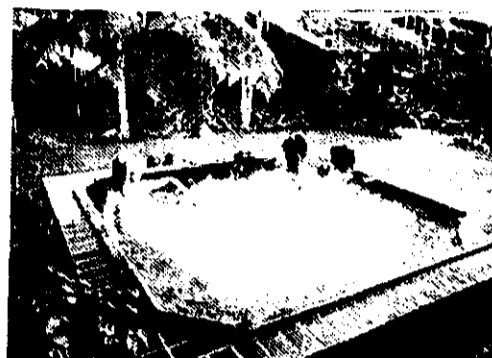
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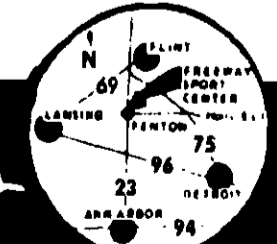
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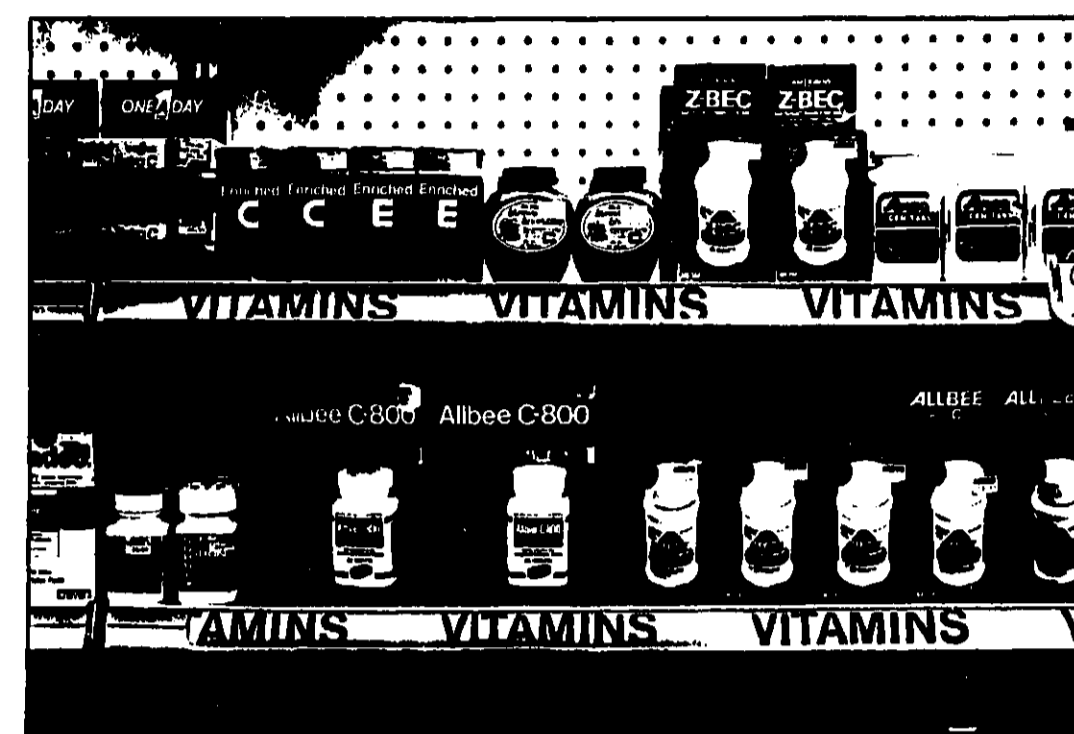
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With the junkfood age has come a society of
people whose diets do not provide them with
the vitamins and minerals they need. A
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calcium, magnesium and zinc.
By DIC DOUMANIAN

while synthetic vitamins may be less expensive, their effectiveness is often diluted because the human body takes longer to figure out just what those synthetic things are. Natural vitamins are absorbed much more quickly.

When purchasing natural supplements, it's best to be aware that by federal law, the word "natural" can be used as long as the product is at least five percent natural, she said.

The reason we need vitamins and minerals is simple. Our bodies are made up of billions and billions of cells. These cells, in part, are made up largely of protein.

Vitamins help maintain the cells and also help to correct things in the body that may be imbalanced or not functioning properly.

While it is difficult to get the necessary vitamins and minerals from our diet, there are a number of things you can do to help yourself.

Fresh fruits and vegetables have "lots of good things in them," according to DeRubeis. Fresh foods are a better way than canned foods to obtain nutrients. Frozen foods fall somewhere in between, better than canned, but not as good as fresh.

The way food is prepared is also important. "We usually cook food too long or saturate it in water," DeRubeis explained. "It would almost be better for you to throw out the food and drink the water."

When preparing meat, baking and broiling are the preferred methods to fry-

ing. DeRubeis added that fish and fowl are better meats to eat nutritionally than red meat. Red meat is harder on the digestive tract and often contains additives to make it more tender.

Our bodies are also subjected to things that deplete it of vitamins. Alcohol, prescription drugs and cigarette smoke are just a few of the common items that rob the body of vitamins and minerals.

While proper nutrition is important, the road to a healthy body can be made smoother with exercising. "Exercise is very important," DeRubeis said. Again, as with nutritional supplements, improving yourself with exercise won't happen overnight. Start slowly and stick with it.

DeRubeis explained that besides listening to what your body is trying to tell you, it is also helpful to listen to people in the nutrition field. Consulting a doctor or nutritionist will help to make certain you are helping yourself properly.

Reading material on nutritional supplements is also available which can explain what you are taking and what it will do for you.

DeRubeis recommended a pair of books by Earl Mindell as being detailed and informative. His "Vitamin Bible" is very detailed and extensive, telling you almost everything you could want to know about a full range of vitamin and mineral supplements. Mindell's "Guide to Better Health" is a shorter version of "Vitamin Bible."

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STEVE FECHT

Weights: this heavy topic can lift your spirits

Weight training as a means of becoming physically fit is just beginning to throw off the shackles of misconception which have limited its popularity with the general public.

You've heard the allegations. "Lifting weights makes you musclebound." Or "if you lift weights and then stop, you're body will turn to flab."

Perhaps the silliest misconception is that anyone—man or woman—who lifts weights will end up looking like Arnold Schwarzenegger or Lou Ferrigno.

"You have to spend five or six hours per day in the gym for years for that to happen," says John Osborne, athletic director at Novi High School and a devotee of weight training as a means for attaining physical fitness and improving athletic performance.

Why do people lift weights? "For the same reason they jog or take aerobics—because they want to look good and be healthier," explains Osborne.

Of course, people lift weights for a variety of reasons. But people who train with weights can be separated into three general categories: power lifters, those who lift to increase the strength of their muscles; body builders, those who lift to increase the size of their muscles; and toners, those who lift to improve their muscle tone.

Robert Barker and John Marsh in a Sports Illustrated book entitled "Training with Weights" say the theory of weight lifting can be explained in two words—"isolation" and "intensification." By isolating the muscles around the joints and exercising them intensively, you get results in an hour that you could

get in a week of sports activity.

"What happens when you lift weights," explains Osborne, "is that you 'overload' the muscle by working it hard. When the muscle rebuilds itself, it comes back stronger than it was before."

Osborne has a few words of wisdom for anyone considering taking up weight training as a means of improving physical fitness.

First, virtually anyone can lift weights—men and women. However, Osborne advises that children under 16 and senior citizens consult with their physicians before taking up weight training.

"We keep students away from weight training until they're through puberty," says Osborne. "Certain kinds of weight exercises can cause damage in young children because their joints are not fully formed."

Secondly, Osborne recommends that anyone thinking about weight training needs to set up a regular schedule. "Weight training isn't something you do on a hit-or-miss basis," he says. "You need to establish a regular schedule for lifting weights and then stick to it."

Because weight training involves tearing down the muscle and then allowing it time to rebuild itself, most schedules call for lifting sessions three times per week. For example, Monday, Wednesday and Friday or Tuesday, Thursday and Saturday.

Once you've established a regular schedule, you will need a program. Don't merely walk into a weight room and lift whatever weights are lying around, you need to establish specific objectives and then design a program to meet those objectives.

Osborne says the program should be designed

After years of being saddled with misconceptions, weight training is becoming a viable alternative for people who want to look good and be healthier. **By PHILIP JEROME**

with exercises for the three primary body parts: the upper body (chest, arms and shoulders), middle body (abdomen) and lower body (thighs and calves).

Additionally, the program should be designed to meet your specific objectives. "Sets" and "repetitions" are key words in any program. For example, three sets of 10 bench presses means you do 10 bench presses, rest, do 10 more, rest, then do 10 more.

If your goal is to increase your muscle strength or muscle size (everyone likes to look good at the beach), your program should be comprised of "heavy lifting"—lots of weight but only five to 10 repetitions. If body toning is your objective, your program should consist of lighter weights but more repetitions.

Osborne offers several other suggestions. Complement your weight training with "cardiovascular work"—some form of running, whether sprinting or jogging.

Improving your diet is another means of maximizing the benefits of weight training.

Finally, Osborne suggests that you design your program in conjunction with someone who is familiar with weight training. Learn how to do the exercises right. And start and finish every workout with a series of stretching exercises.

"Weight training is extremely valuable, but you have to know what you're doing," says Osborne. "Don't overdo it; don't lift more than you're capable of lifting—it's a good way to hurt yourself."

"But if you set a definite schedule and follow a well-planned program, you'll look better, feel better and be stronger."

Wednesday, March 21, 1984

War on flab waged with home arsenal

The war on flab is being fought more and more with an arsenal of equipment used in the home. Convenience is the primary reason people are turning to at-home workouts. **By JEFF LAPINSKI**

Neither rain, nor sleet, nor gloom of night keeps Dave Grimes from his appointed miles.

Grimes does not carry letters. He sells insurance in South Lyon. However, even though much of his work takes place at his desk, Grimes keeps physically fit by running scores of miles each week at home, in his basement, with the television playing.

Grimes is one of many who are concerned about their physical fitness but like the convenience of getting in shape at home. To achieve that end, Grimes often gets his workout on a treadmill stationed at home in the utility room. There, with the television propped on the water softener, Grimes runs his way to fitness without ever leaving the comforts of home.

The treadmill is just one weapon on the home front in the war against flab. Stockpiled in many major department stores and smaller specialty shops is a mighty arsenal: weight machines, rowers, bicycles and aerobic joggers as well as the old standard—barbell and weights.

The at-home fitness trend, which has caught on in the last couple years, is an outgrowth of our concern about physical fitness. Instead of fighting the prices and crowds at health spas or battling the weather by jogging outside, many have set aside a corner of the basement for their own at-home gym.

Convenience is the main advantage cited by those who favor these at-home machines. As pointed out by Grimes, the treadmill is there 24 hours a day, always accessible. He can run in the dead of night, the gloom of winter or the eye of a storm. And the television helps break the monotony of the 45-minute workouts.

"It is literally a workout," said Grimes, adding that his clothes are soaked with perspiration after each session.

However, Grimes explained that the treadmill may not be the answer for everyone. He also stressed that the mill is not used exclusively. He said runners need to run at an indoor track or out-of-doors because the treadmill does not allow the longer strides that come with natural running.

Bill Reardon Jr. and Brian Thornberry, two sellers of such equipment, agreed with Grimes that convenience is the main advantage behind the machines. Reardon operates Wate Man, a Livonia shop that specializes in weight machines and other fitness equipment. Thornberry is the assistant store manager at the Novi 12 Oaks branch of Herrmann's Sporting Goods.

Reardon said Wate Man is aimed at an

"in-between" market, those below a Nautilus-type machine but wanting more than the basic equipment supplied by many major department stores.

In fact, Wate Man started eight years ago with a bench purchased at one such large store. Frustrated at having to frequently repair the bench, Reardon and his father, Bill Sr., decided to design and build their own equipment. And to this day, Wate Man still designs and manufactures its own weight machines.

When asked about the advantages of at-home machines, Reardon explained that many health spa customers need to stand in line at the spa in order to use a particular machine. That wait can not only waste valuable time but it could also disturb one's exercise program. At-home machines can be used at any time with no waiting, he added.

Wate Man sells a whole line of weight machines as well as all of the accessories. Prices for machines range from \$79 for a simple flat bench to \$369 for a seven-in-one bench with safety rails. Several other machines, aimed at improving the legs or upper body, approach and pass the \$1,000 mark. A regular weight set carries a \$70 price tag while an olympic weight set sells for \$349.

Both Reardon and Thornberry stressed that customers should be aware of their needs before they think about purchasing a machine. "People shouldn't come in without having some idea of what they want to do," said Thornberry, adding that there is the danger of buying too much of a machine for their needs.

Reading can help customers determine their needs, said Reardon, and Wate Man carries many such materials.

In addition to the weightlifting machines, many stores also sell the stationary bicycles, treadmills (both manual and powered), rowing machines, weight sets and aerobic joggers, which resemble small trampolines and are meant for jogging in place at home.

According to Thornberry, the bicycles sell from \$199 to \$500, the benches range from \$35 to \$500, the rowers run from \$169 to \$229 and the aerobic joggers cost about \$50.

While the machines will help you get in shape, it will still take many hours of work to get that perfect body. "Like anything else, you can't expect miracles overnight," said Thornberry. "It takes time to get in shape."

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From meats to sweets we are what we eat

Most people believe the old saying, "We are what we eat." Most use common sense in their diets—realizing that a good diet can lead to a healthy body. But one question remains. What food is good food? **By SUE LOWE**

There is an old saying that "We are what we eat," and basically this is true. It is certainly obvious that we "are" fat if we eat too much, and we "are" thin if we eat too little. It is harder to determine that we "are" healthy if we don't eat nutritiously.

For instance, how do you tell a 23-year-old male who has grown to the height of 6-4 that the fast foods he has enjoyed all his life may not be good for him?

Thank goodness, most of us see the common sense behind the argument for good nutrition. We know that the body is sustained by the food we give it; therefore, most of us realize we must put good food into the body.

But what are good foods? Everytime a new book on proper diet is published, some type of food takes a beating. The titles warn that cholesterol causes heart disease, sugar causes cancer, and salt causes high blood pressure.

Many of us are confused. It sometimes seems as though eating is dangerous to health.

In this area of confusion, it is best to go back to basics and remember that the basic principle of healthy eating is moderation in all things.

Additives are vital to preserving food, yet it is common sense to feel leary of eating too many food additives.

Because of this and similar concerns, many people are turning from processed foods to unprocessed or so-called "natural" foods which contain fewer additives.

Unhappily, there is no guarantee that the foods in either the health food store or the local grocery store are natural even though they say "natural" on their label.

Such things as raw meat, vegetables and fruit tend to look like natural foods because they are nearer the natural state; however, they may contain additives and they may have been minimally processed.

According to the magazine, Health, neither the U.S. Food and Drug Administration (FDA) nor the Federal Trade Commission (FTC) has an official definition for the term "natural." Health says that some processed foods carry the label "natural" because they are "less refined than (they) have been in the

past." The same is true of the word "organic." There is no federal standard for the term "organic," but most people recognize that this label designates food grown without pesticides, herbicides or synthetic fertilizers on land that has been free of such chemicals for at least one to seven years.

Health magazine raises the question as to whether it is possible to raise organic goods. Says Health, "Once applied, pesticides and other chemicals linger in the soil and can show up years later in crops that have been grown without chemicals."

"In addition, if a farmer uses chemicals, they can be carried to an organic farm by wind and rain."

The result of all this federal incision is that everyone is back to common sense when it comes to what foods are nutritionally good for the body. Common sense is all our grandparents had and it will do nicely for us.

One thing that nutritionists do agree on is that nutrition is based on what we eat 80 percent of the time. That leaves at least 20 percent to error on our part.

To what, then, do we rely? Many people have turned to home gardening. When you grow your own food, you can control the amount of pesticides and fertilizers you use.

You can also control the processing of your foods. Home canned or home frozen produce needs no chemical additives and although the preparation sounds difficult it definitely is not.

Home-grown potatoes and onions from the garden sometimes last until March if stored carefully. Carrots are another vegetable which store well and parsnips are not expected to be edible until the spring thaw allows them to be dug.

Broccoli, peas, green peppers and corn freeze well, but tomatoes and green beans are better canned. (Some would disagree and say beans taste great frozen.)

Fruits such as strawberries, rhubarb and blueberries can be frozen, while gooseberries and currants make excellent jelly.



STEVE FECHT

For the elderly, the key to a fitness program that works is finding one geared to their needs.

Janet Cobb of South Lyon teaches senior fitness classes for the Novi Community Education program. Cobb explains exercises for seniors are not necessarily easier than other exercise programs, they're just geared to the specific needs older people have.

Seniors get the same benefits everyone enjoys from following a fitness routine. "There are physical and mental benefits," Cobb says. "But one interesting aspect that may even be a more important aspect for this age group is that it is an opportunity for socializing."

"If they're widowed, they're not likely to exercise on their own. This gives them contact with 20-25 other people three times a week. That's an aspect that may be more important than they're aware of."

And once they've begun to exercise, many seniors find they can do more than they first believed possible, Cobb says.

"Interestingly enough, there are a lot of people who say at various times they feel so good now that they're exercising," Cobb says. "They say it makes such a difference."

"The first day they may not feel so good, but they all get addicted to it and they're very faithful. It helps clear their minds, too."

Cobb reports the exercises are the same as those in other classes, but seniors do fewer of them than younger exercisers. And the exercises are designed to meet the seniors' needs.

For example, gravity tends to pull bodies down as people age; many older people stoop. So a number of exercises in Cobb's routine are designed to improve posture. Her participants lift weights twice a week. She said the weightlifting is geared to the particular needs of each participant. They also do aerobics and dancing.

"Physically we try to get them moving, and that has other benefits, too," Cobb says. "Exercise lowers the heart rate and develops the lungs." Class members take their pulse twice during each session. They learn about their heart rate and ways that exercise helps lower it.

Participants in Cobb's class are taught to be aware of signs that show they may be straining themselves. They watch for nausea, a tight chest, an overly rapid pulse or heavy perspiration. Any of those signs could mean the participants are exceeding their limitations.

To prevent that from happening, Cobb emphasizes pacing throughout the routine.

Many of the exercises are designed to stretch, bend and limber up. The routine is paced to make sure participants don't overdo it, Cobb explains. After exercising one side of the body, they will go to the other side. They will rest and take their pulse before going on to the next step, she says. Cobb also works on strengthening certain body parts to prevent cramps and charley horses.

"I don't feel exercise should hurt," Cobb says. "These routines are geared for success. I don't believe in the saying: 'If there's no pain, there's no gain.' Pacing is our primary emphasis. We have an atmosphere where there's no pressure or embarrassment. It's a comfortable mental and physical environment."

Easing the affects of arthritis is one of the types of exercises Cobb leads. "We work on limbs, fingers, toes, all areas of the neck and back and other areas you would never think of that help maintain flexibility."

Walking and other loosening-up exercises also form part of the routine. "Some who do not feel up to the 75-minute workout three times a day instead participate in the senior swimming program. Participants can do group exercises in the shallow end of the pool or

Exercise might be seniors' fountain of youth

Exercise doesn't have to be painful to work, and with this in mind senior citizens can stretch their muscles and their life expectancies with fun and healthy workouts.
By KATHY JENNINGS

swim laps. Both are good for arthritic joints.

Many participants in the exercise class have been encouraged to seek out a fitness program by their doctors. Cobb keeps a brief medical history on each of her participants to be used in case of emergency. But she proudly reports there have been no injuries as a result of the class that she is aware of. "I'm cautious and I don't do anything that would hurt them."

The participants range in age from 60 to a spry 80 years old. "No one would ever know it," Cobb exclaims. "They put a lot of 50 year old to shame. They don't look or act it."

"They push me. They're always saying let's do more. Unless you knew they were older, you would never guess it. Their enthusiasm would never indicate they're retired. They're balls of fire. They'll try anything. They really love life. It's a very rewarding class to lead."

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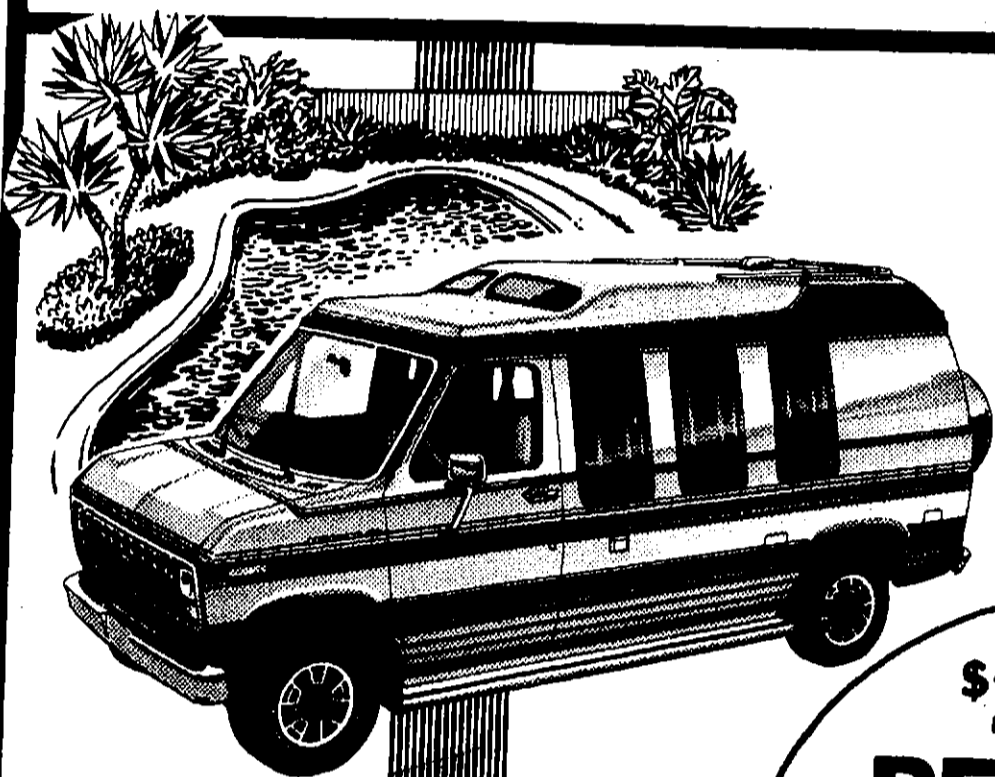
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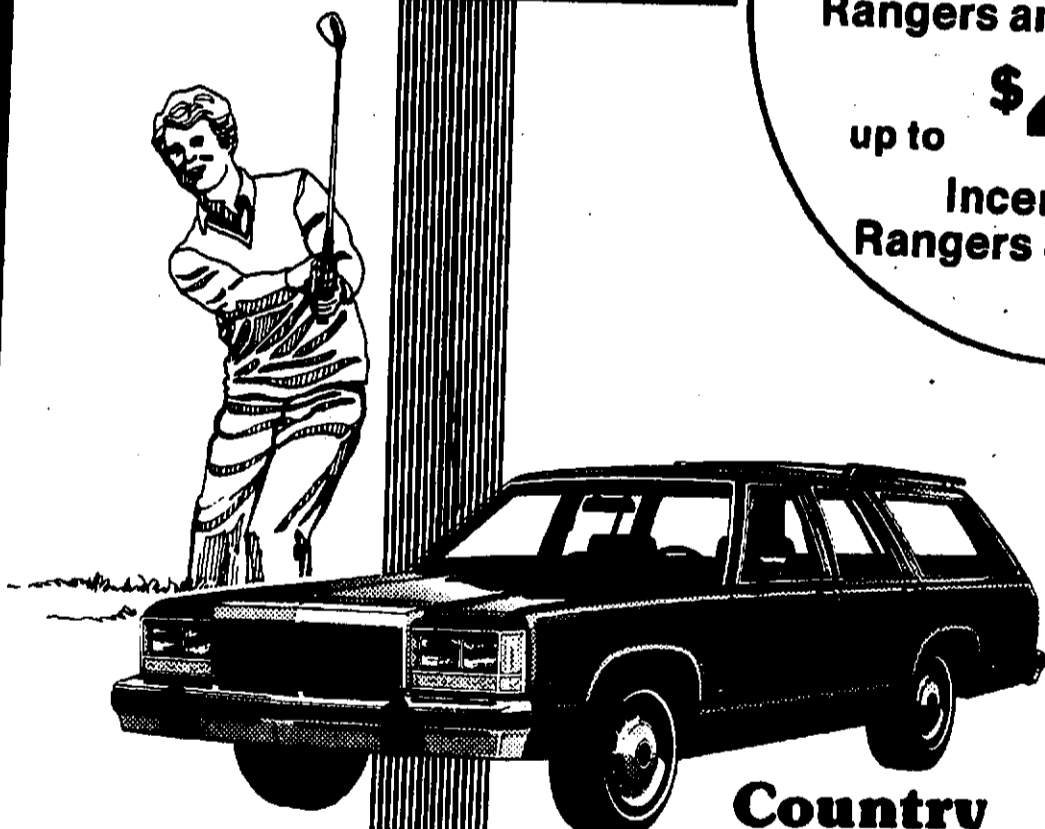
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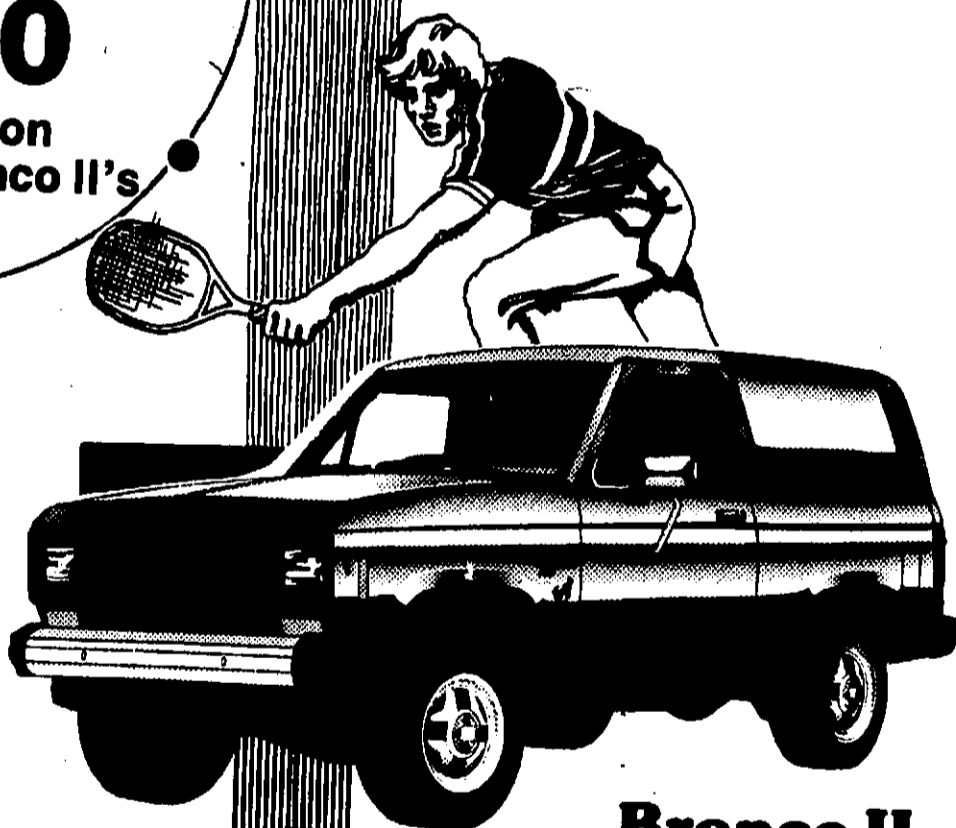
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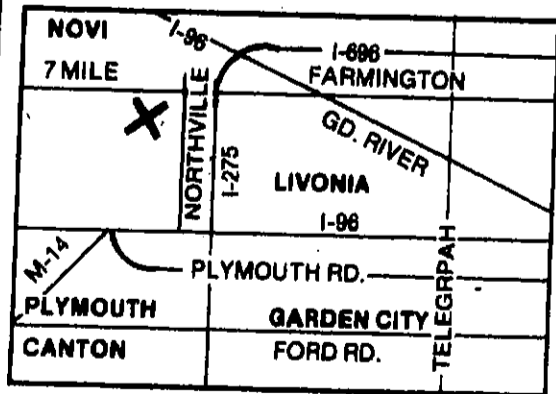
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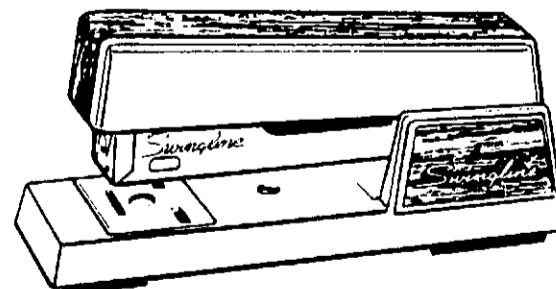
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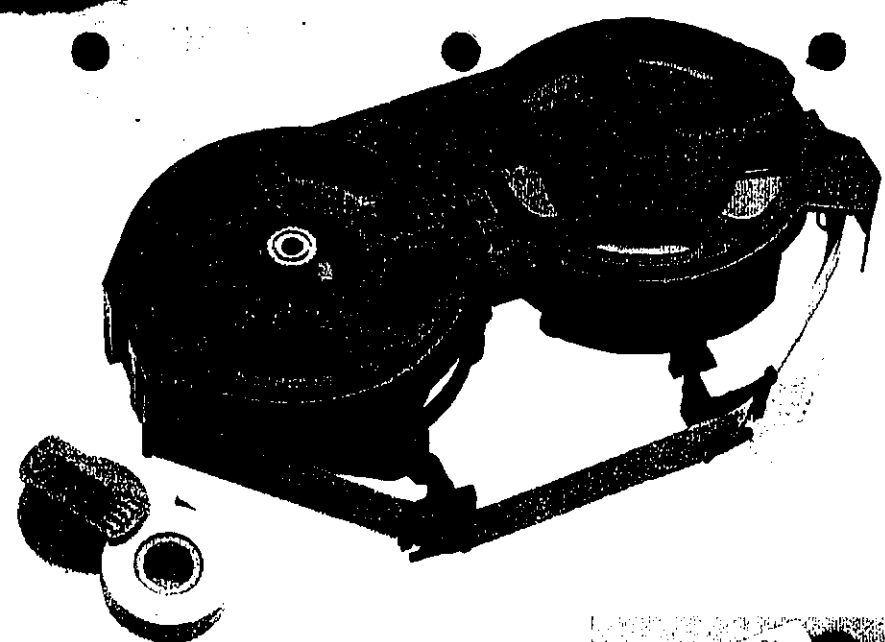
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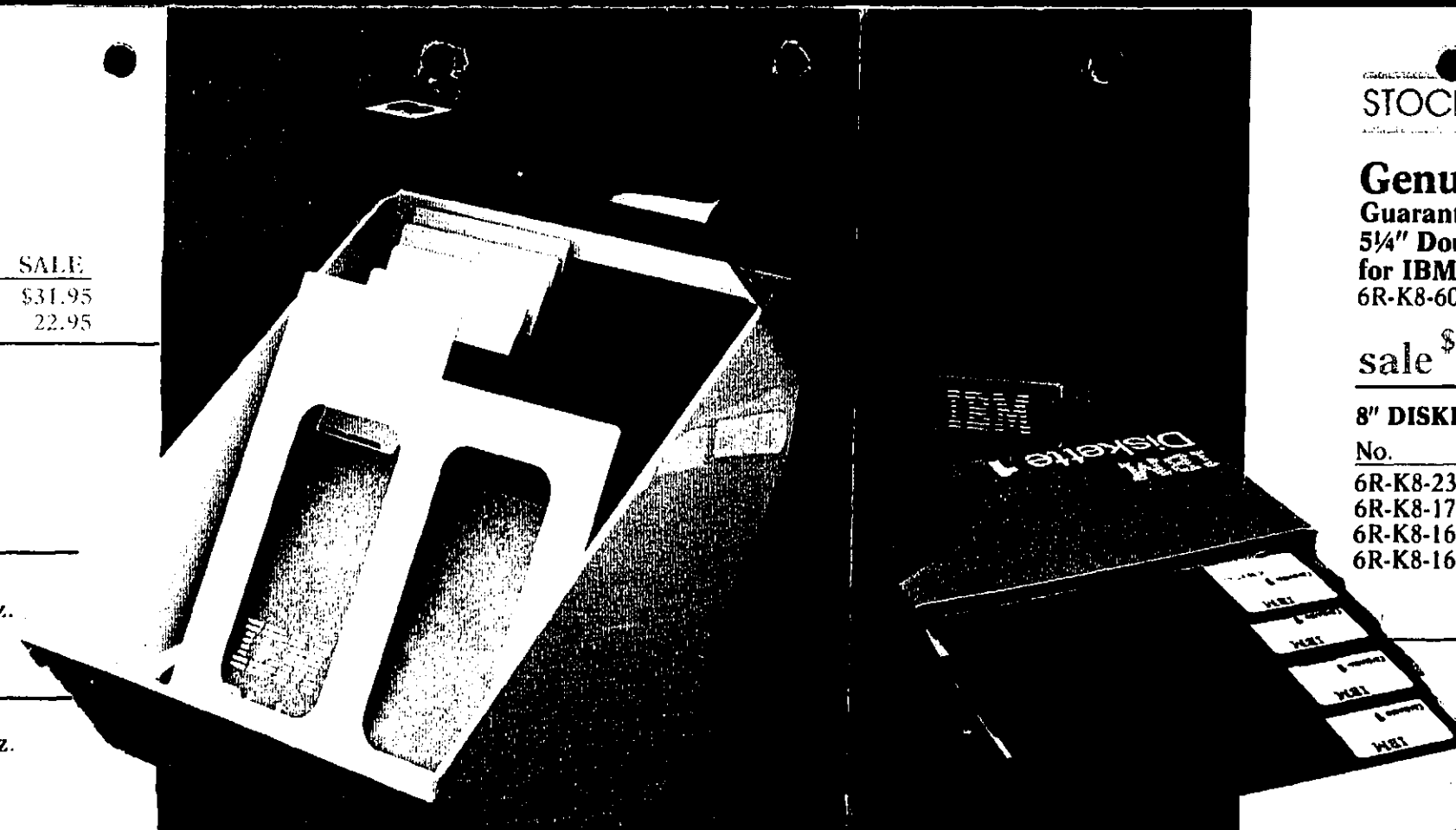
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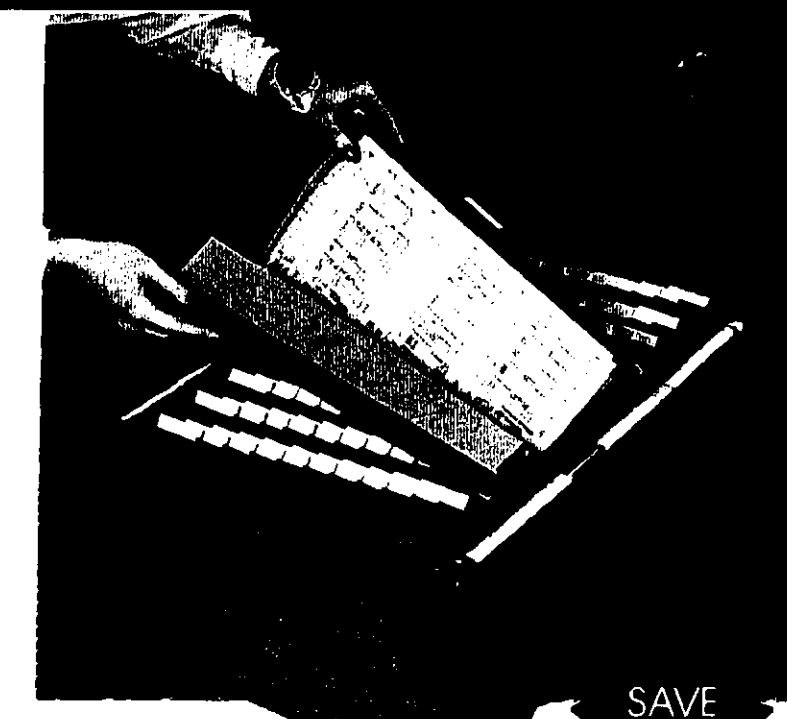
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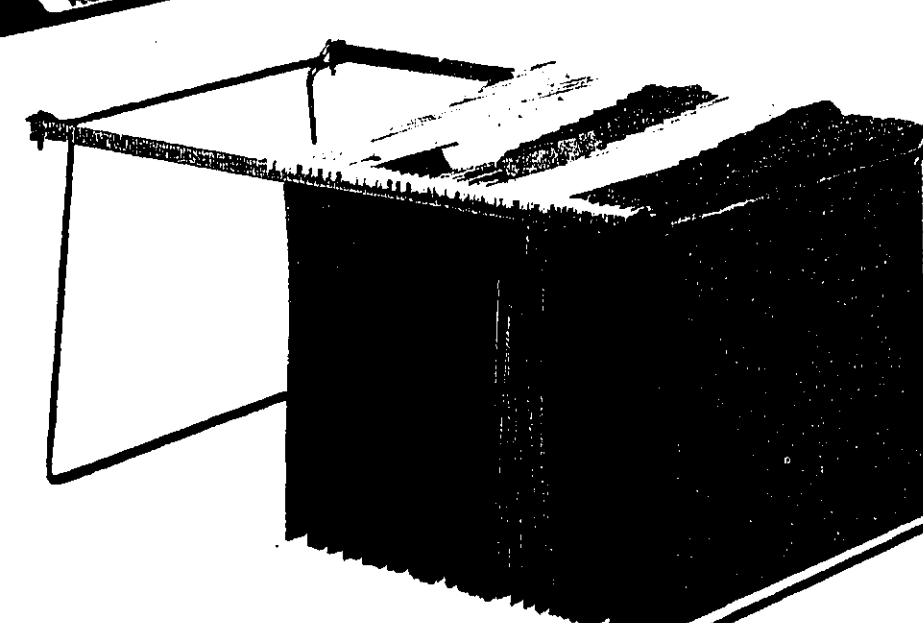
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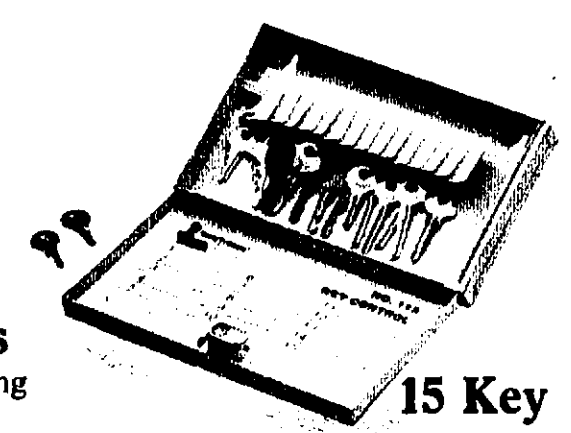
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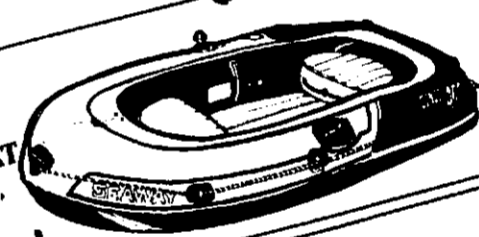
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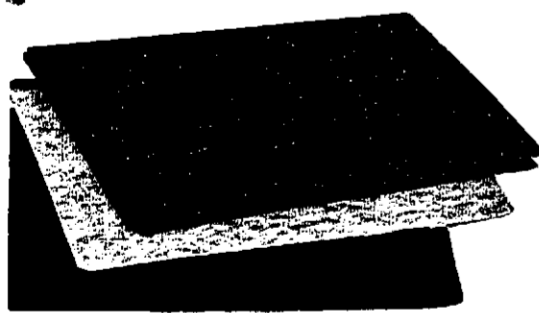
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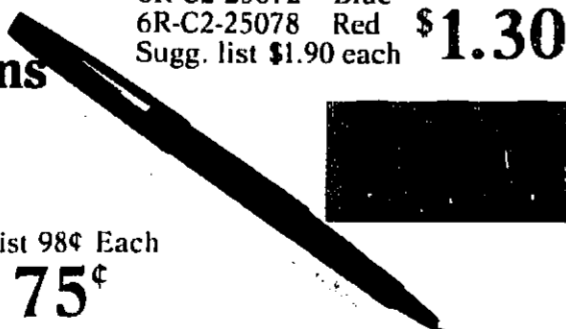
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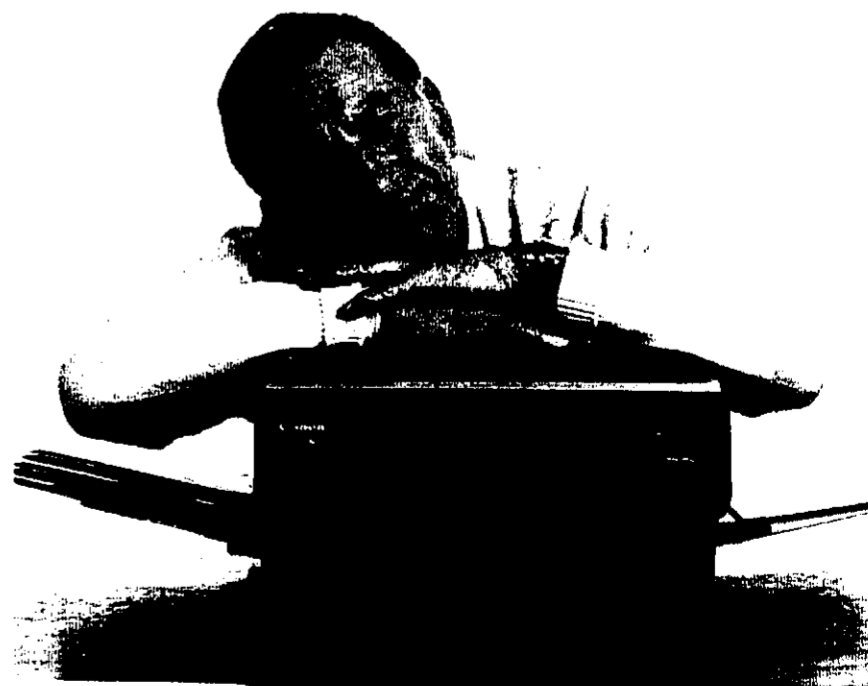
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• Sliding suspension hooks
• Stain-resistant Presstex covers

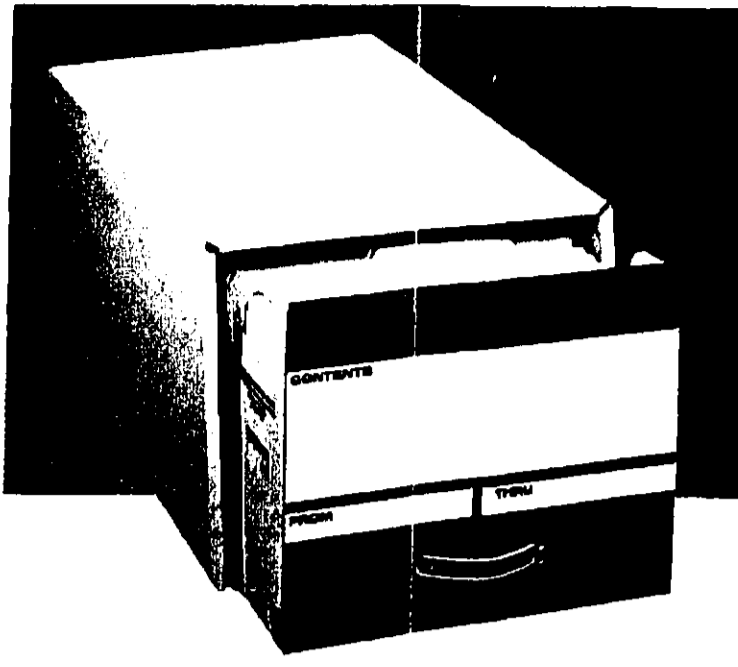
6R-C2-54072 Blue
6R-C2-54073 Dark Blue
6R-C2-54075 Green
6R-C2-54079 Red
Suggested List \$4.58 each
now \$2.99

Scotch
3M Scotch 3M

Magic transparent tape
Invisible on most paper. For 1" core dispensers. 1296" per roll.

1/2" WIDTH
6R-R8-810-12-12 Sugg List \$1.87/roll
3/4" WIDTH
6R-R8-810-34-12 Sugg List \$2.47/roll

Stor/Drawer®
Easy-access record storage!
• Holds letter size papers & folders
• Sturdy corrugated fiberboard
• Plastic pull-out handle
• Size 12 1/4 x 10 1/2 x 24
6R-F4-311
Suggested List \$9.40 each



Each in ctns. of 6.
\$8.33 each purchased individually

File folders
LETTER SIZE
1/3 Cut 6R-F5-12113
1/5 Cut 6R-F5-12115
Sugg. List \$10.15 per 100
now \$6.99

Self-adhesive file folder labels
All-white, or white with colored borders; 8 labels per sheet, 248 labels per pack.

6R-S3-FF3-WE White
6R-S3-FF3-DR Dk. Red
6R-S3-FF3-DBE Dk. Blue
6R-S3-FF3-LBE Lt. Blue
6R-S3-FF3-GN Green
Suggest List \$3.19/pack
now \$2.09

LEGAL SIZE
1/3 Cut 6R-F5-15113
1/5 Cut 6R-F5-15115
Sugg. List \$13.05 per 100
now \$9.09

Data trays
Holds 14 1/2 x 11 printouts. Add on, color-coded plastic tray, snap together.

6R-H8-1604-0 Beige Sugg. List \$7.98 each
6R-H8-1604-1 Black
6R-H8-1604-3 Smoke
6R-H8-1604-8 Red
6R-H8-1604-9 Blue
now only \$5.95

Desk trays
STACK WITHOUT POSTS!
Plastic, snap together letter size trays. Easy-access notched front.

6R-H8-1600-0 Beige Suggested List \$3.98 each
6R-H8-1600-1 Black
6R-H8-1600-3 Smoke
6R-H8-1600-8 Red
6R-H8-1600-9 Blue
6R-H8-1600-23 Chocolate
now only \$2.98

Under-phone index
Instant phone number reference
• Fits under standard desk phone
• Cards hold over 890 listings

6R-P5-SS900-BE Beige
6R-P5-SS900-BK Black
Suggested List \$25.95
reduced to \$19.45

"Rainbow" memo sheet holder
Smoke plastic holder with 500 4 x 6 size rainbow colored sheets.

6R-P7-9010SC Suggested List \$8.95
now \$6.95

500 sheet refill
6R-P7-9006C Sugg. List \$6.95
now \$4.95

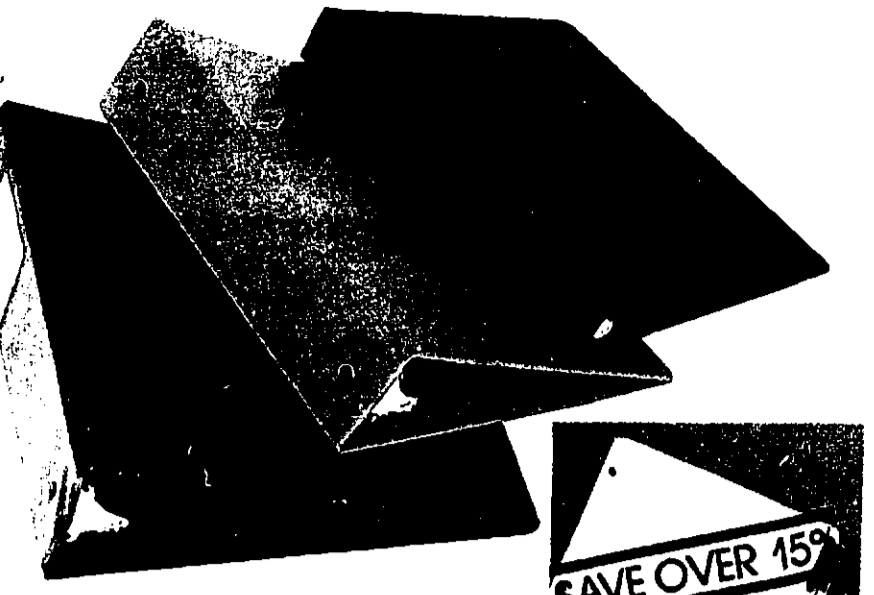
Phone rest
Eliminate neck strain; air cushioned, plastic shoulder rest has adhesive back. Fits regular or trimline phones.

6R-R5-100 Beige
6R-R5-101 Black
6R-R5-103 Brown
6R-R5-105 Ivory
6R-R5-107 Red
6R-R5-108 White
6R-R5-115 Light Ash
Sugg. List \$8.49
now \$6.99

500 sheet refill
6R-P7-9006C Sugg. List \$6.95
now \$4.95



Ring binders
Stiff cover, 11 x 8 1/2 vinyl, 3-ring binders.
1" CAPACITY
6R-B2-314-BK Black
6R-B2-314-BL Blue
6R-B2-314-RD Red
Suggested List \$3.50



2" CAPACITY
6R-B2-344-BK Black
6R-B2-344-BL Blue
6R-B2-344-RD Red
Suggested List \$6.20

3" CAPACITY
6R-B2-354-BK Black
6R-B2-354-BL Blue
6R-B2-354-RD Red
Suggested List \$10.50

Insertable-tab ring binder indexes
For 11 x 8 1/2 3-ring binders.

5-TAB SET
6R-A5-CI-213-5 Colored Tabs
6R-A5-CI-213-5C Clear Tabs
Suggested List 98¢/Set

8-TAB SET
6R-A5-CI-213-8 Colored Tabs
6R-A5-CI-213-8C Clear Tabs
Suggested List \$1.65/Set

sale \$4.65
sale \$7.85
sale 79¢
sale \$1.35

Copier paper
White, 20 lb. paper for all plain paper copiers.

8 1/2 x 11 SIZE
6R-L2-1120
Sugg. List \$6.60 per ream
only \$3.70
per ream in carton of 10 reams
\$3.99 per ream purchased individually

Reinforced copy paper
Won't tear out of heavy-use manuals or binders!
• Mylar-reinforced, 3 hole edge
• White, 8 1/2 x 11, 20 lb. sub.
• For all plain paper copiers

6R-L2-6701 100 \$5.25 \$4.49
6R-L2-6702 500 22.31 18.99

Address labels
For Plain Paper Copiers
Type it once, reproduce it on your copier. Self-adhesive labels, size 1 x 2 3/4, 33 per sheet, 100 sheets per box.

6R-S3-5351
Suggested List \$24.25 per box
now only \$18.99
FOR 3300 LABELS!

Swivel chair
• Wipe-clean vinyl back & trim, cool nylon tweed seat
• Bright chrome trim, wood-finish arms
• Easy-roll casters

6R-HN-C26-BN Brown
6R-HN-C26-BK Black
Suggested List \$199.20
sale \$154.95

Wood swivel chair
• Resilient nylon seat, vinyl back upholstery
• Contoured hardwood frames, walnut finish
• Smooth-rolling rubber casters

6R-HN-GD26-BN Brown
6R-HN-GD26-CMN Cinnamon
Suggested List \$298.80
now \$239.95

60 x 30 Steel desk
Easy-care walnut grain plastic top. Double pedestal with central locking.

• Full suspension file drawer, 25" deep
• Center drawer, 4 box drawers

6R-HN-32261-WP Black
6R-HN-32261-WK Tropic Sand
Suggested List \$357.20
sale \$289.95

60 x 30 Wood desk
Hardwood frame and legs, walnut laminate tops and panels, double pedestal with central locking.

• Full suspension file drawer
• Center drawer, 4 box drawers

6R-HN-10171
Suggested List \$395.00
sale \$319.95

Full suspension file cabinets
Full-featured, 26 1/2" deep, letter-size steel cabinets. Follow block & thumb latch in every drawer.

2-DRAWER
6R-HN-312P Black
6R-HN-312B Sandalwood
6R-HN-312L Putty
6R-HN-312A Grey
6R-HN-312K Tropic Sand
Sugg. List \$146.70

4-DRAWER
6R-HN-314P Black
6R-HN-314B Sandalwood
6R-HN-314L Putty
6R-HN-314A Grey
6R-HN-314K Tropic Sand
Sugg. List \$208.20

sale \$114.95 sale \$159.95

Clipboards

LETTER SIZE
6R-Z2-304L Sugg. list \$2.20
now \$1.59

LEGAL SIZE
6R-Z2-305-L Sugg. list \$2.30
now \$1.59

Rubber bands

#18 SIZE—3" x 1/8" x 1/2"
6R-N1-UN118 One lb. box \$4.79 \$2.99
6R-N1-UN418 1/4 lb. box 1.40 .99

#33 SIZE—3 1/2" x 3/8" x 1/2"
6R-N1-UN133 One lb. box 4.79 2.99
6R-N1-UN433 1/4 lb. box 1.40 .99

Electric pencil sharpener
6R-U8-1800 Sugg. list \$24.95 each
only \$19.95

Pencils
No. 2 Degree
6R-T6-555-2 Medium Degree
6R-T6-555-P

HALF PRICE SALE!
two dozen for \$2.30
A \$4.60 VALUE!

White correction fluid
Correct typewriter mistakes!
6R-O1-25401 Sugg. list \$1.29

Thinner
6R-O1-25409 Sugg. list 75¢
your choice 69¢

Paper clips

No. 1 SIZE (1 3/8")
6R-P2-72345 Sugg. list \$4.25 per 1000
sale \$1.99

JUMBO SIZE (2")
6R-P2-72545 Sugg. list \$12.35 per 1000
sale \$7.99

Plastic wastebaskets
14 1/2 x 10 1/2 x 15 1/2"
6R-119-2956-BK Black
6R-119-2956-BGE Beige
6R-119-2956-WT White
Sugg. list \$4.80
now \$3.80

Clear sheet protectors
For 11 x 8 1/2 material

TOP OPENING
6R-B4-62013 Sugg. list \$11.00 Box of 50
now \$8.25

OPEN ON 3 SIDES
6R-B4-03213 Sugg. list \$10.00 Box of 100
now \$7.99

Phone message book
Keep a permanent record—carbonless duplicates, 400 sets.

6R-D2-50-176 Sugg. list \$7.25
only \$5.75

White envelopes
Box of 500, 24 lb. sub.

No. Size Sugg. List/Box NOW Per Box
6R-M1-103-614 # 6 1/2 \$ 8.90 \$7.45
6R-M1-111-10 #10 11.50 8.65

Add rolls
24" wide, approx. 165 ft. per roll.

6R-C4-22 Sugg. list 63¢/roll
Only 38¢/roll in ctn. of 100.
45¢/roll purchased individually

9" Wall clock
6R-Y7-622-576 Electric
6R-Y7-622-577 Quartz
Sugg. list \$27.95
only \$22.95

RAIN CHECK
While we have made every effort to have all the merchandise listed in this flyer in stock, unanticipated demand may cause us to be temporarily out of a sale item. However, it is usually available within a short period from our warehouse facilities. In such cases, this RAIN CHECK guarantees you the same money-saving price. We reserve the right to limit quantities, if merchandise is unavailable due to circumstances beyond our control, including non-delivery from our manufacturers.

CHECK LIST

HOME SALE

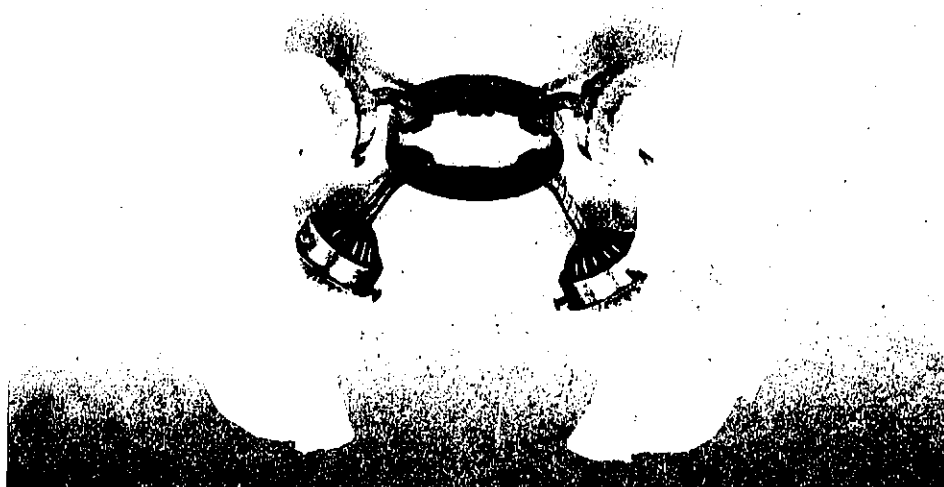
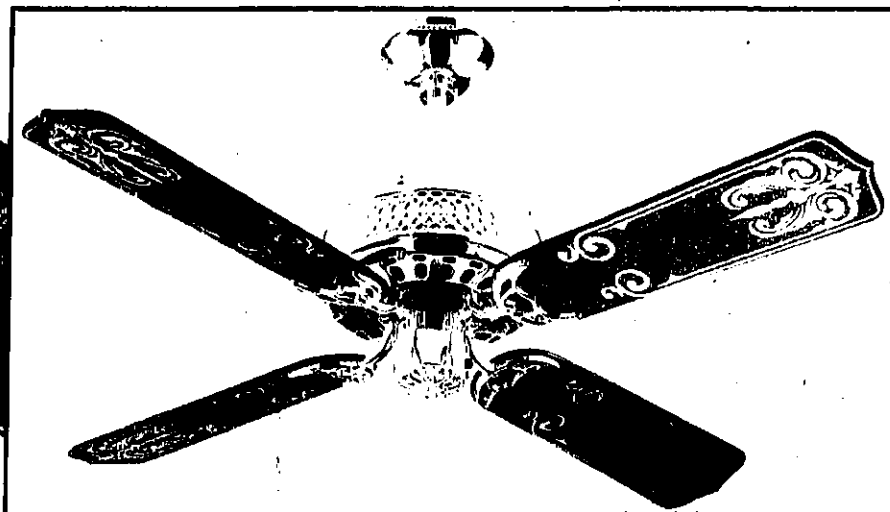
Thinking of redecorating your home or adding a few special touches? Now's the perfect time during our best Home Sale ever! The next eight pages are loaded with great low prices on furniture, linens, organizers, electronics and more. Hurry in today to your nearby Family Center for savings, quality and selection!



Your choice

48.88

Add a 42" Ceiling Fan to your home and save up to 25%. The Traditional Ceiling Fan features polished brass finish and a reversing, 3-speed motor. #AAE-5BLW. Reg. \$9.96. The Hugger Style Ceiling Fan is just what you need for your low ceiling rooms. Antique brass finish and reversing 3-speed motor. #AAE-6EALW. Reg. \$4.96. Light Kits sold separately.



Reg. 14.88

12.88

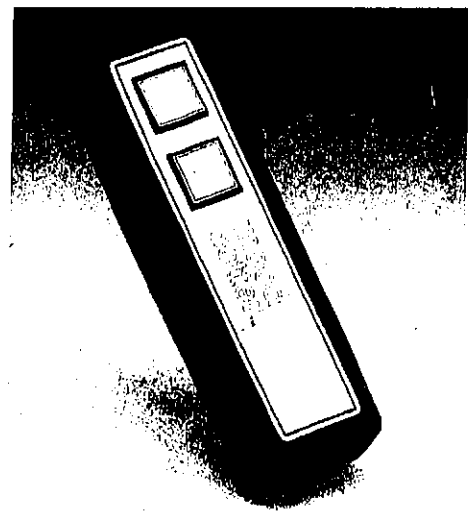
Save now on an elegant Tulp Light Kit at this incredible low price! Antique brass finish with four 6-inch frosted glass tulp shades. Fits most ceiling fans. Instructions for easy mounting included. #ET-104AB



Reg. 11.98

7.88

Save 4.10 on this solid state Fan Speed Control Unit. Add the convenience of variable speed to ceiling or exhaust fans. Reduces noise. #FS-5FC



28.88

The Mood Setter is the new wireless electronic remote control unit for mounted or swag adapted ceiling fans. 10 speeds or light levels. #RC1000



Reg. 15.33

7.66

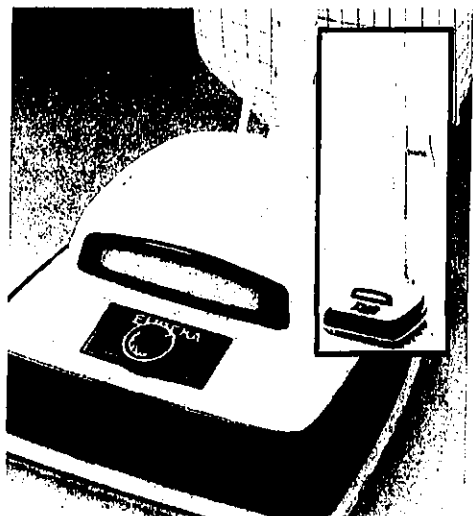
Save 7.67 on a 3-shelf Etagere. Perfect for books, plants and more. Tough plastic design, 12x30x30".



Reg. 9.97

6.88

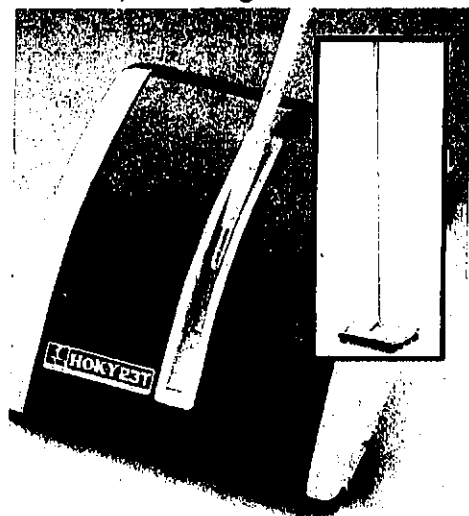
Save 31% on the Fan-Fast Universal Hanging Kit and hang your fan the safe way. Built-in electric junction box.



Reg. 99.95

79.96

Save 19.99 on the Eureka Upright Vacuum Cleaner. Dial-A-Nap, dirt-seeker headlight, accessory kit. #1428



Reg. 27.94

19.96

Save 7.98 on the Hoky Floor and Carpet Sweeper. Ideal for those hard-to-get places. Cordless. #23T

TG&Y Family Centers

Copyright 1984, TG&Y Stores Co.

Sale Ends March 24th
Items Available At TG&Y Family Centers Only

A HOUSEHOLD INTERNATIONAL COMPANY

Items Available At TG&Y Family Centers Only.

Low priced Oriental Rugs

45x74" Reg. 43.88

38.94

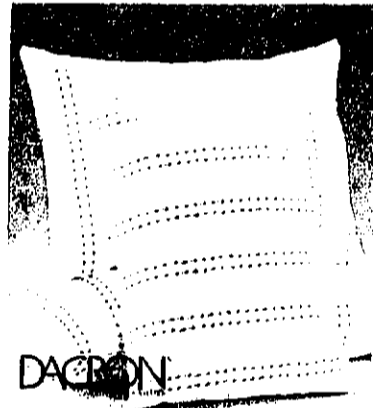
30x56" Reg. 21.99

18.94

22x41" Reg. 10.99

8.94

Save now on decorative Oriental Rugs! Whatever your motif these beautiful oriental rugs will add a warm touch to your home. Select New Chinese, a traditional Ming design in ivory, green or wine. Or the classic floral design, Sarouk, yours in ivory or brown. Cotton/rayon blend in three popular sizes.



2 \$7
Reg. 4.96 ea. FOR

Save up to 29% on Dacron® Red Label Pillows! Printed cotton tick. Queen, reg. 5.96, 2 for \$9. King, reg. 6.96, 2 for \$11.

Standard 8.44
Reg. 11.97

Pillowtex Quatofill Bed Pillow now 29% off! 100% DuPont quality polyester filling with cotton tick. 20x26" standard size.

1.57
Reg. 2.17

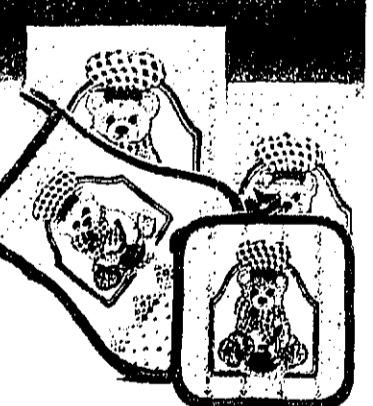
Save 28% on Town & Country Quilted Placemats! 65% polyester/35% rayon face with 100% polyester fill.

52x70" Oval or Oblong 6.86
Reg. 8.99 ea.

Satin Stripe Table Cloths up to 24% off! Leno weave with soil release finish. 70" round or 60x86" oblong, reg. 10.99, 8.46.

1.00
Reg. 1.39

Save 28% on decorative Woven Placemats! 100% acrylic with striped pattern in brown or green. 12x18".



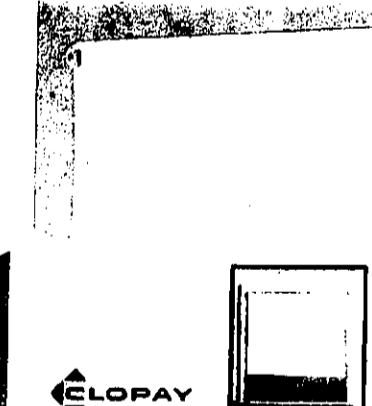
1.36
Reg. 1.84

Honey Bear Kitchen Coordinates up to 26% off! Oven Mitt, reg. 2.24, 1.76. Pot Holder or Cloth, reg. 1.24 ea., .96 ea.



9.97
Reg. 13.97

Save up to 29% on Channel Gull Mattress Pad! Kodol® fill. Full, reg. 17.47, 12.97. Queen, reg. 19.47, 14.97. King, reg. 22.97, 16.97.



2 \$5
FOR

Now save 40% on Clapay Economy Light Filtering Shade! Durable white vinyl. 37"x5" maximum size. Reg. 4.17



2.96

This All Reverse Jar keeps your favorite juices cold and fresh! Red, yellow or blue with matching lids. 1 gallon.



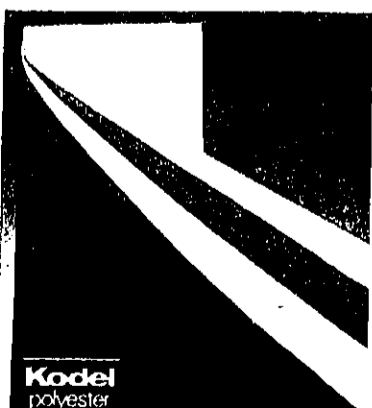
3.97
ea.

Velvet Toss Pillows are a beautiful addition to your home at this low price! Several shapes and colors available.



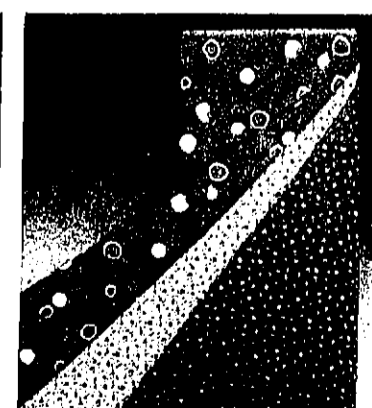
1.47
Reg. 1.97 yd.

Save 25% on Ponte de Roma Prints! Great for spring fashions! Durable 100% polyester. 58"/60" full bolts. Selection may vary by store.



1.97
Reg. 2.89 yd.

Surfline Sportswear Prints are 32% off! 65% Kodol® polyester/35% combed cotton. 44/45" wide on full bolts.



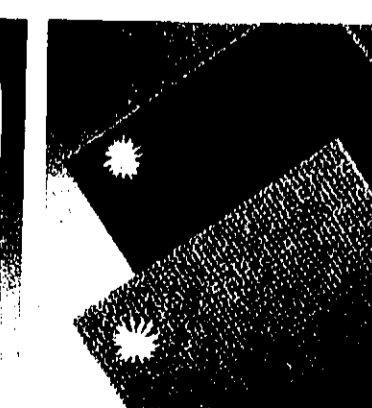
.97
yd.

Transitional Dress Prints for less than 1.00 per yard! Polyester, cotton and rayon blends. Useable lengths. Selection may vary by store.



1.27
Reg. 1.89 yd.

Save 33% on Sheerlist Batiste Prints! 65% Kodol® polyester/35% combed cotton. 44/45" wide on full bolts.



3.47
Reg. 4.97

Astro-Turf Doormats are now 30% off! Just in time for spring! Your choice of green or cocoa. 17"x23 1/2".

TGI Y Family Centers

Items Available At TG&Y Family Centers Only.

New "antiques" for less!

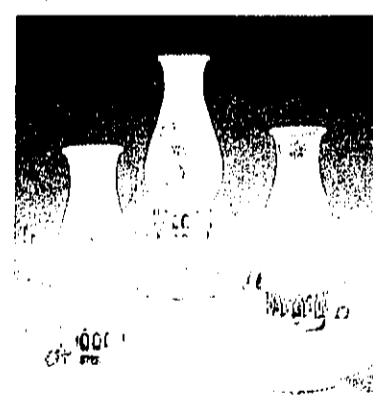
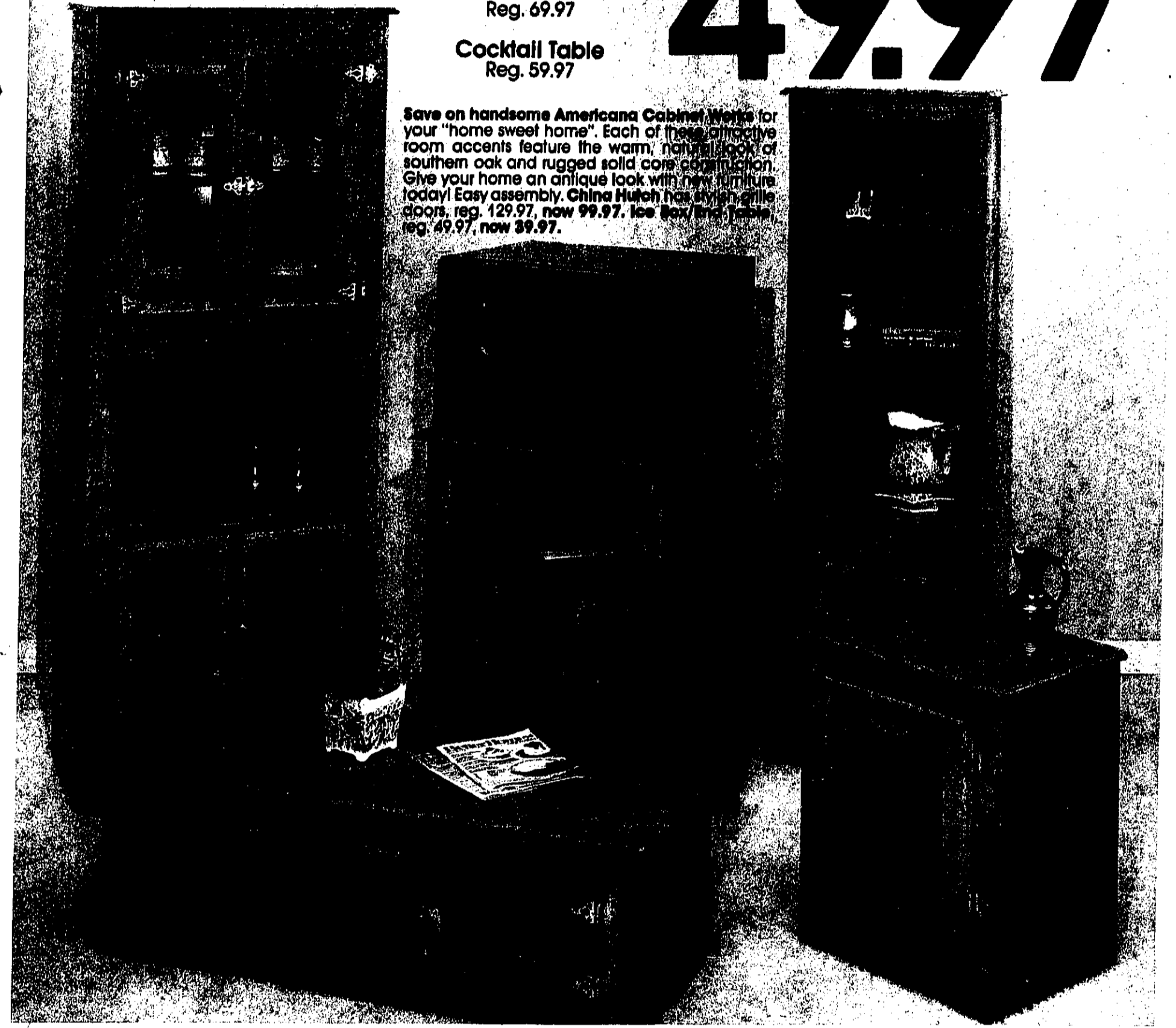
Microwave Cart
Reg. 69.97

Curio Cabinet
Reg. 69.97

Cocktail Table
Reg. 59.97

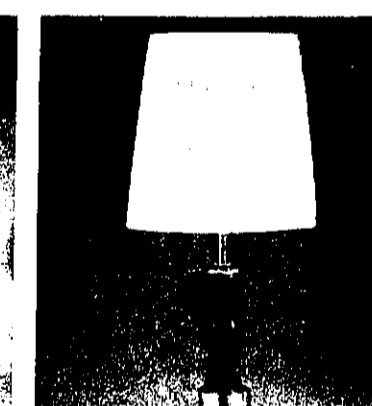
49.97

Save on handsome Americana Cabinet Sets for your "home sweet home". Each of these attractive room accents feature the warm, natural look of southern oak and rugged solid core construction. Give your home an antique look with new furniture today! Easy assembly. China Hush has 2 cabinet sets, reg. 129.97, now 99.97. See how they look! reg. 49.97, now 39.97.



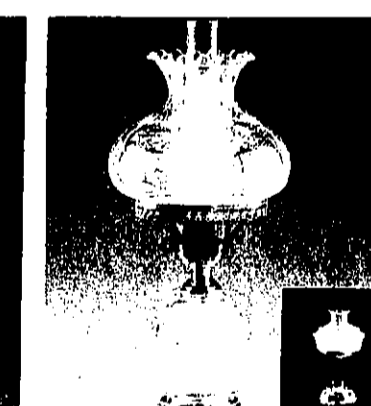
7.97
Reg. 11.97

Select your Hurricane Lamp from three popular designs and save 4.00. Brown floral, blue with birds or yellow with butterflies.



19.97
Reg. 25.96

Your Country Collection Lamp is now 23% off! 3 styles of Turned Wood Table Lamps with brass base and drum shades.



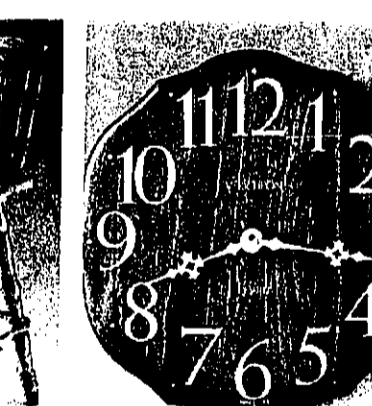
39.97
Reg. 52.88

Save 12.91 on a 20" Hurricane Lamp. Your choice of brown, blue or champagne color. They'll look great on your hearth!



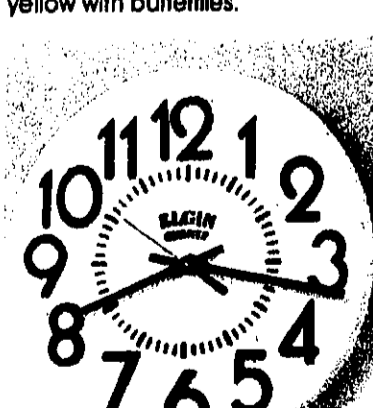
33.97
Reg. 46.97

Save 14.00 on a 24" or 30" Bar Stool. Full saddle swivel seat. Southern hardwood, finished in walnut or maple.



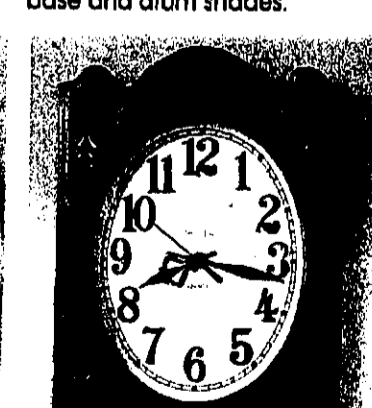
11.97
Reg. 15.97

Save 4.00 on the solid wood Revers Clock, with battery operated quartz movement and nutmeg finish. #DS2757W



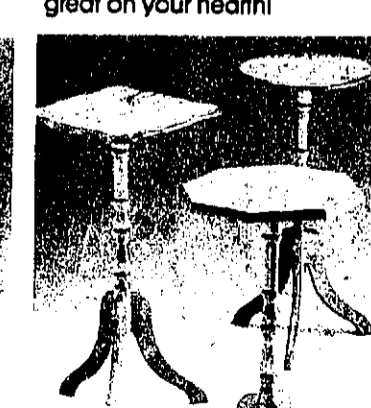
15.97
Reg. 24.88

Save 8.91 on the Heartland III Quartz Wall Clock. Solid wood, decorated ceramic tile with quartz movement. #E-8322C



19.97
Reg. 29.97

Save 10.00 on the Country Floral Quartz Wall Clock. Solid wood with a dark pine finish and stencil designed glass. #C-15



6.97
Reg. 9.97 ea.

Save 30% on an oak veneer accent table. Round, square or octagonal with a pedestal base. Ideal for lamps or plants.



2 \$7
8x10" FOR

Oak framed Decorator Prints to brighten your walls! 14x20", reg. 13.97, now 7.97. 22x28", reg. 24.97, now 14.97



19.97
ea.

The Wondura Country Mirror has a solid wood frame with distortion-free, float plate glass. 16x24" octagonal. *Rectangular mirror shown not available.

TGI Y Family Centers

Items Available At TG&Y Family Centers Only.

Kitchen values in full color!



Add a splash of color to your next table setting with this low-priced Plastic Tableware. These durable, easy to care for pieces are ideal for parties, picnics or everyday use. A large assortment of brilliant colors to mix 'n match. 7 1/2 oz. Tumbler, reg. 1.16, now only .76. 10 1/2" Dinner Plate, reg. 4.86, now 1.36. 28 oz. Serving Bowl, reg. 2.26, now 1.96. Serving Platter, reg. 4.56, now 3.96.

Your choice
.96

Soup Bowl,
Salad Plate,
10 oz. Mug or
16 oz. Tankard

Items Available At TG&Y Family Centers Only.

Home cooking extras.

Get cooking with the contemporary Grey on Grey Cookware Set from Enterprise and save 15.00! The 9-Piece set includes one and two quart covered saucepans, two-quart covered casserole, five-quart covered Dutch oven, 10" open fry pan, linen towel and pot holder. Plus it features DuPont SilverStone® for non-slick cooking. #07-S09-69. Reg. 54.96

39.96



The Munsey Baker-Broiler is the perfect size for your family. Save 14.92 on this continuous cleaning oven with thermostat control to 475°. #7650. Reg. 54.88

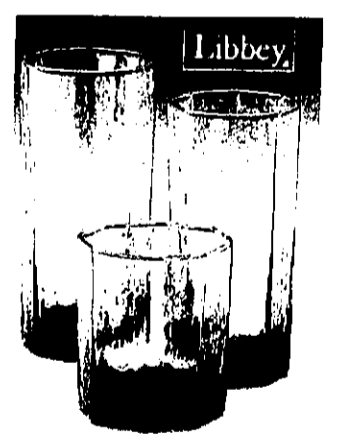
Your choice
39.96



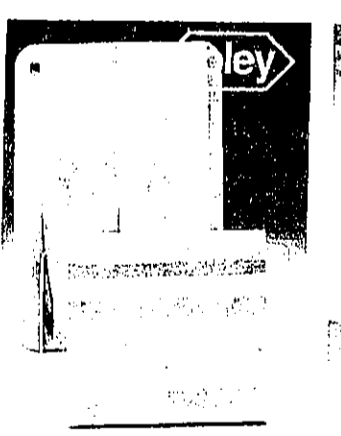
6.96 ea.
Entertain with a beautiful Hand Blown Glass Pitcher. Choose from 3 styles. 86, 90 or 96 oz. size.



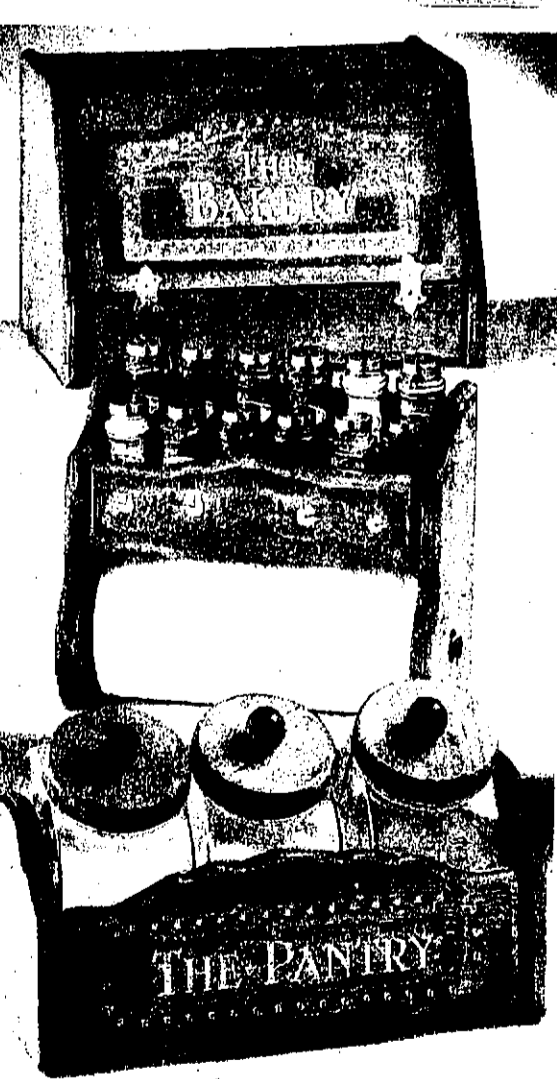
12.46 Reg. 17.47
Save 5.01 on a 24-Pc. Glassware Set. Includes 6 each: beer, beverage, on-the-rocks and wine glasses.



17.96 Reg. 22.96
Save 5.00 on a 24-Pc. Country Square Set. Includes 8 each: beverage, on-the-rocks and cooler glasses.



5.96 ea.
Save 33% on a Kitchen Utility Board. 14x20" Cutting or 12x13x1" Counter-Top Sink Board. Reg. 8.94 to 8.96



19.96
Paper Towel Holder or Bread Box
You'll love our low prices on quality Pantryware. Authentic roll-top bread box has silkscreened antique lettering. Towel holder doubles as a spice rack. 3-Jar Canister Set only 21.96.



4.96
Get it together with this Organizer for home or office. Versatile design converts to 1, 2 or 3 tiers.



4.46
48 1/2 oz. Canister
Libbey Country Keepers are great for storing dry foods. 5 1/2 oz. canister, 4.96 or 72 oz. size, 5.26



12.96
This 4-Pc. Glass Storage Set features decorative designs. Practical, clear canisters in four sizes.



34.96
This 56-Pc. Combination Set includes 20 pc. stoneware, 24 pc. flatware and 12 pc. Tivoli Glassware.



19.96
Reg. 29.96 to 34.96
Save up to 15.00 on a 7-Piece Aluminum Cookware Set. Heavy gauge polished aluminum or French Vanilla Porcelain. Features DuPont approved SilverStone® interior. #55-S06-09/55-S06-19



19.96
Your choice
Presto Electric Fry Pan, now \$5 off. Reg. 24.96. 4-Cup Fry-Daddy, now 3.81 off. Reg. 23.77



12.96
Reg. 14.96
Save on the Proctor-Silex Steam & Dry Iron. Lightweight with smooth glide satin finish. #11300



9.96
Here's all you need in a Wok Set. 14" Wok, aluminum cover, tempura rack, stand, ladle and more. #2011



2.96
Your choice
Save up to 53%! 8" Saute Pan, reg. 6.27. 1/2 Qt. Saucepan, 7" Open Fry Pan or 5 1/2" Griddle, reg. 4.99 ea.



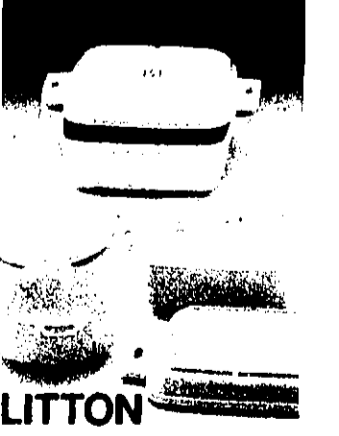
22.96
Reg. 26.96
Save now on the Waring Futura 7-speed Blender. Removable blades, ounce and metric measurements. #81-8



3.96
10" Saute Pan Reg. 8.27
Save 52% on a 10" Saute Pan by Enterprise. Save 43% on 12" Saute, by Enterprise. Reg. 8.67, now 4.96.



9.96
3-Piece 10" Bamboo Steamer helps food retain its natural flavor and vitamins. 2 tiers for double cooking.



9.96
The LittonWare 6-Piece Cook 'n' Serve Set. For microwave, convection or conventional ovens. #AS020

Items Available At TG&Y Family Centers Only.

Space-saving ideas

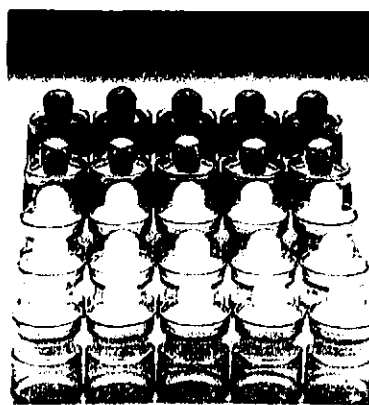
Tucker Houseware StorageMate Bins add function and innovative design to your home. They'll help store and organize everything from potatoes to sweaters. The assorted stackable sizes utilize the maximum amount of space. Mix and match colors of almond, yellow, rose and grey.

1.26 to 3.96



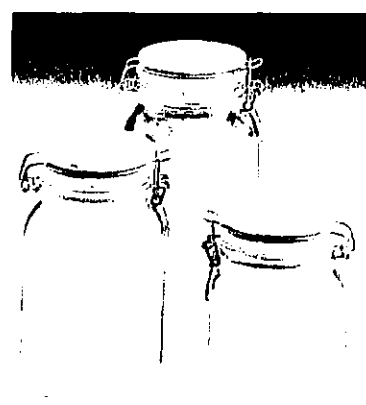
You'll be pleased to meet Mr. Carl or Mr. Stan. Two multi-purpose organizers to straighten out your kitchen chaos.

12.96



2.96

This 6-Piece Storage/Canister Set is also a spice rack. It's a great way to organize your cabinet space! Several colors.



ANCHOR HOOKING
1 Liter Pantry Jar

2.46

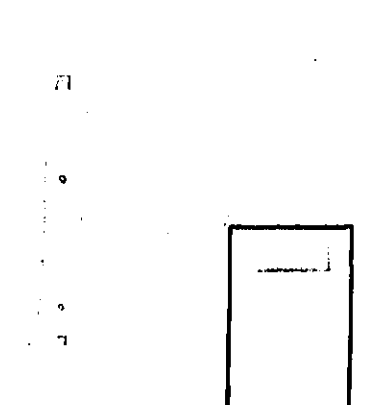
Store it in a Pantry Jar! Ceramic lid with silicone gasket for airtight freshness. 1 1/2-liter, only 2.76. 2-liter, only 2.96.



ANCHOR HOOKING
1 Liter Slowway

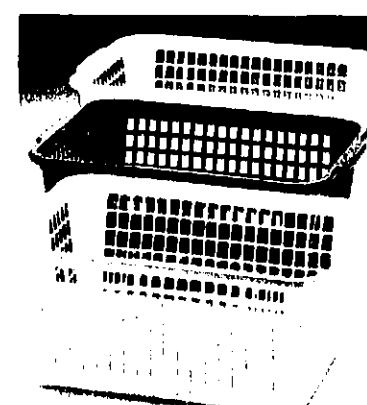
2.26

Run a tight ship with Slowways! Large mouth and snug-fitting lid for airtight freshness. 1 1/2-liter, only 2.46. 2-liter, only 2.76.



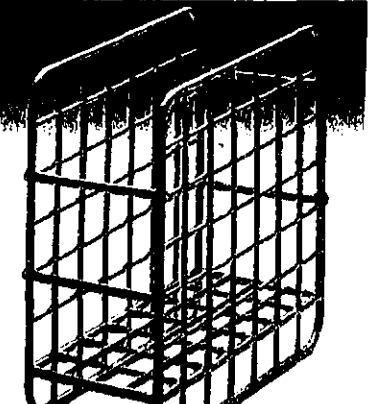
8.96

This 18" 4-Shell Unit adjusts for storage or display. An excellent value to keep your work area in order. 18x36x4 1/2".



3 FOR \$2

Take it or store it in a Handi-Basket. In your choice of white, brown or almond. A multi-purpose 11x15x4" basket.



3.96

The Maxi Catch-All has so many uses! It's a magazine rack, a diaper stacker, a record caddy and much more!



ANCHOR HOOKING
Garfield

2.96

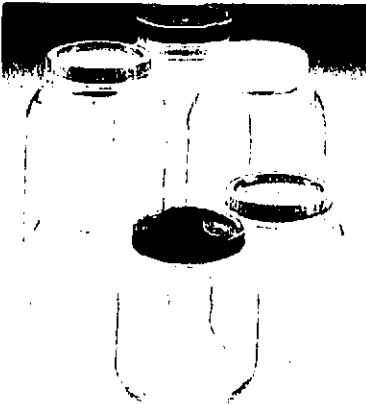
The Garfield Storage Jar has a 2-liter capacity. The Cookie Monster Jar holds a gallon of cookies! From Anchor Hooking.



ANCHOR HOOKING
Cookie Monster

4.96

Get your kitchen together with Dura-Coated Steel Organizers. Cup Wheel, Plate Rack, Space Saver and more.



1/2 Gallon

1.46

Clear Canister Storage Jars with colorful lids add function and contemporary flair to your kitchen. 4 colors.



2.96

Save up to 44% on Rubbermaid Organizers. Grocery Bag, Iron, Wrap/Bag or Broom/Mop Holder, or Clean-up Caddy.

TGI Y Family Centers

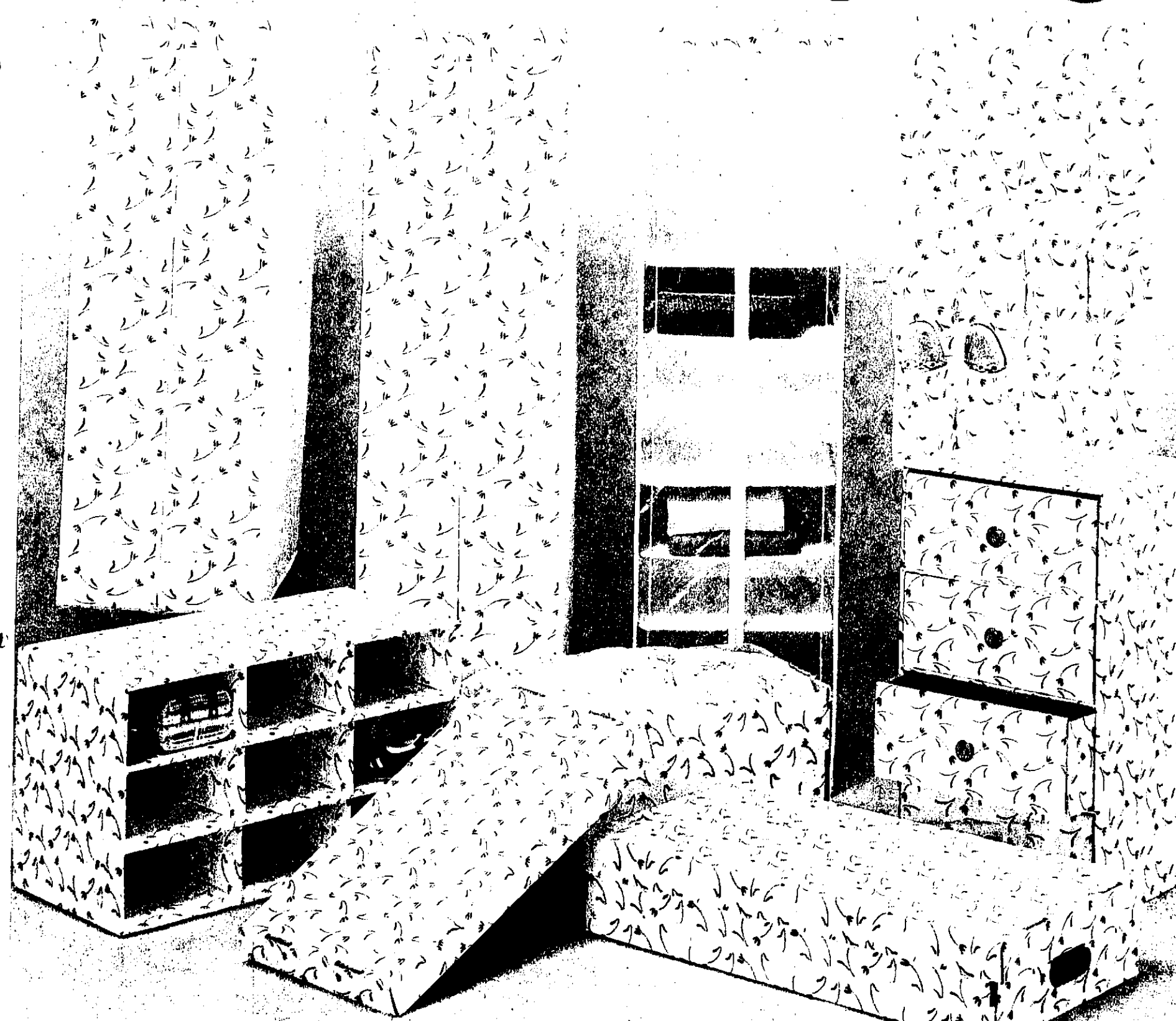
Items Available At TG&Y Family Centers Only.

Tulips 'R Wild Organizers!

Tulips 'R Wild Organizers are convenient space makers with contemporary flair! Beautiful spring-like tulips cover this durable corrugated fiberboard. They'll store almost anything: sweaters, dresses, shoes and much more! **Storage Box or Under the Bed Box only 1.88. 12 pocket Shoe Bag only 4.96. 4 Drawer Chest only 7.96. 10 Shelf Sweater & Accessory Bag only 9.96.**

Organizer,
Dress Bag
or
Suit Bag

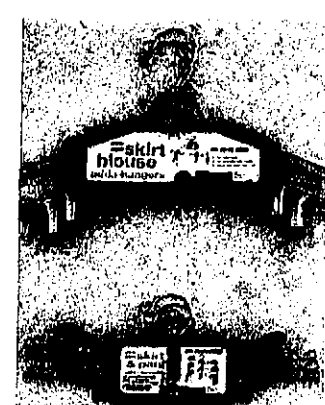
5.96



Adjusts to 68"

69.96

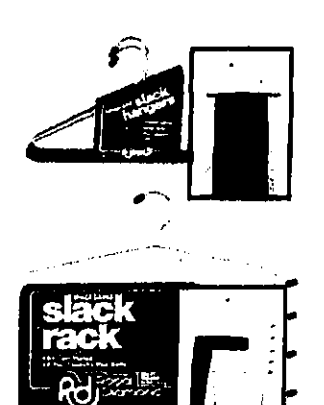
Closet Doubler... a unique new way of doubling the usable space in your closet! Durable all steel construction with versatile sliding baskets and adjustable wall brackets.



Your choice

1.78

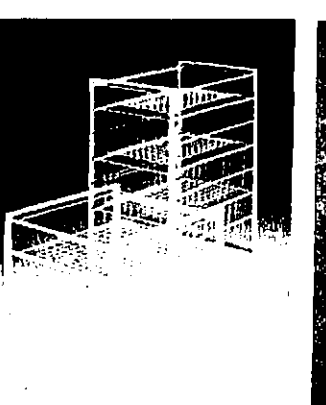
Skirt or Skirt & Blouse Add-on Hangers make for extra space in your closet. Red, yellow or blue. Set of 2.



Your choice

1.78

Convenient Slack Hangers now only 1.78! Choose open-ended or 5-tier hangers. Heavy chrome plated.



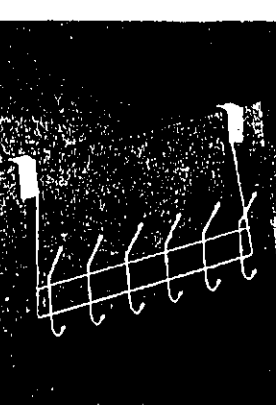
4 Runner

27.96

7 Runner

39.96

4 or 7 Runner Sliding Basket Systems are great for the home! Store clothing, cleaning supplies and more!



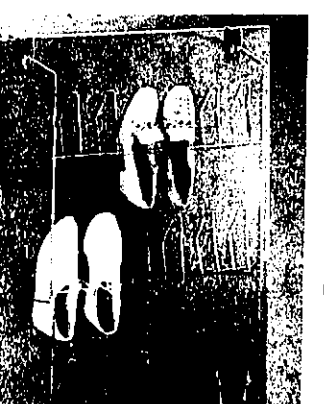
4.96

Overdoor Utility Hook hangs hats or garments. Heavy steel wire with vinyl tips to protect clothing.



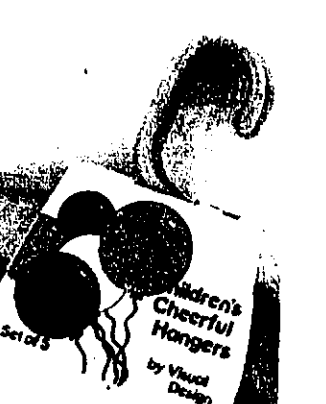
2.78

Women's Shoe Rack holds 9 pairs of shoes for easy, off-the-floor selection. Chrome plated, welded construction.



8.96

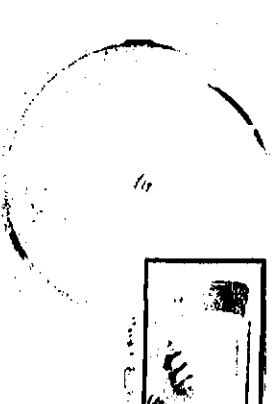
Over-the-Door Shoe Rack keeps all your shoes together! Holds 18 pairs. Sturdy steel construction.



Reg. .78

.57

Save 27% on a 5 pack of Children's Tubular Hangers! Pale blue, white, yellow or pink. Stock up today!



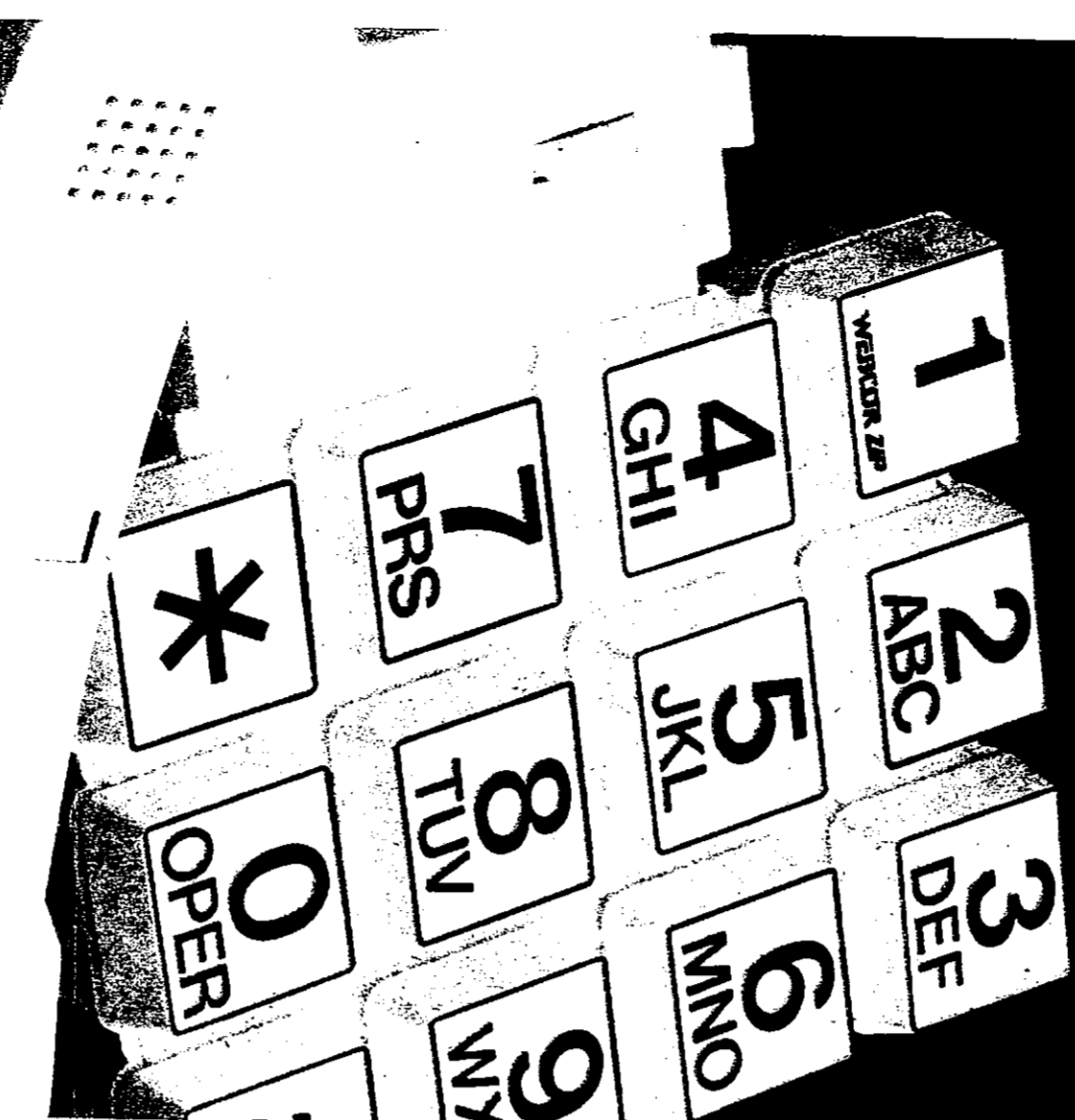
1.99

Closet Light is great for the attic. Tool installs easily, hardware included. Uses 2 "D" batteries. (not included)

TGI Y Family Centers

HOME SALE

Stop your quest for the best deal and find low-priced values for every room in the house. From kitchen accessories to beautiful room accents you'll save more during our greatest home sale ever! It's going on right now through March 24th. Don't miss it!

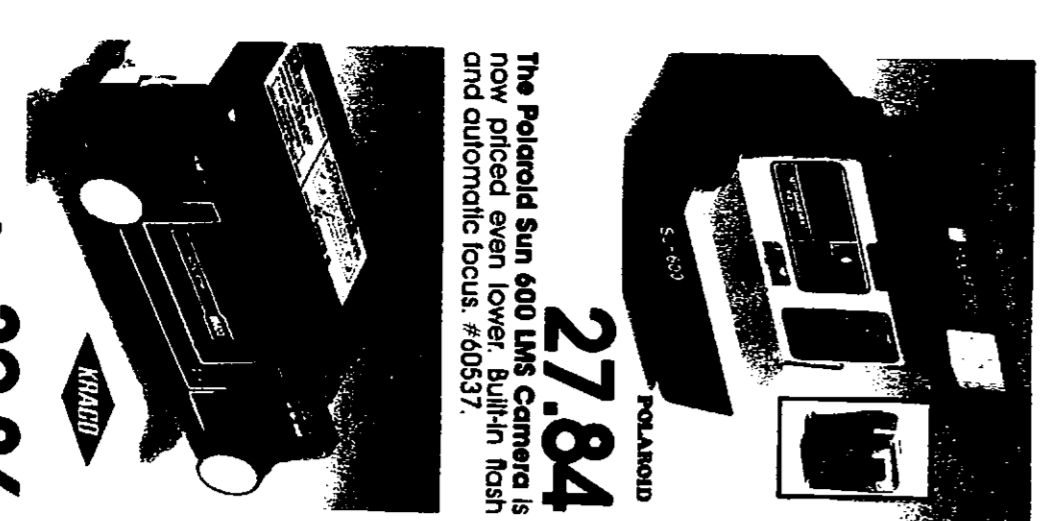


49.84

This stylish Jumbo Button Telephone from Webcor has fast number recall, mic mute plus an easy-to-read keypad. Works on rotary or touch tone systems. #767.

Save 25.95 on a **Kaco Cordless Telephone 500**. Range with auto last number redial and audio ringer. #R-5001.

59.99



Save 27.84 on a **Polaroid Sun 600 LHS Camera**. Is now priced even lower. Built-in flash and automatic focus. #90357.

27.84



Save 19.00 on a **Unisonic Printing Calculator Easy** to read 10-digit display with 4 memories. #AL1132.

39.86



Save 24.14 on a **Panasonic Portable Cassette Recorder AC/DC operation** with AM/FM stereo radio. #RX-9950(5).

74.86



Save 8.00 on a **portable cassette player** with AM/FM stereo and headphones. #3050.

26.84

Save 9.95 on a **Kaco AM/FM Stereo Cassette Player** for you. car. Handmade. #KID-981.

39.86

Save 3.88 on a **Kaco 2-Way Speaker System** features two 6" coaxial speakers. #CX-265-20F.

28.86

Save 10.03 on a **Portable AM/FM Radio/Cassette Player** from Emerson. Records from your radio! #K3051.

29.94

Save 13.46 on a **Soundesign Compact AM/FM Radio** delivers full, rich sound you'd never expect from a portable! #2222.

10.94

TGI Y Family Centers

March Circular #12FCA-2, 1984, 3/16-3/24

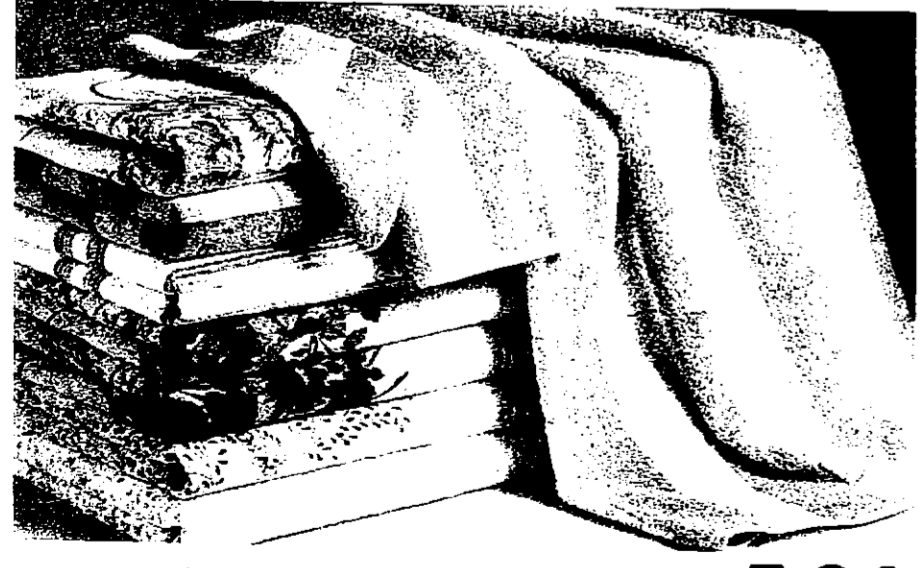
Color-It Cannon Sale



Save 26% to 37% on Santa Cruz coordinates.

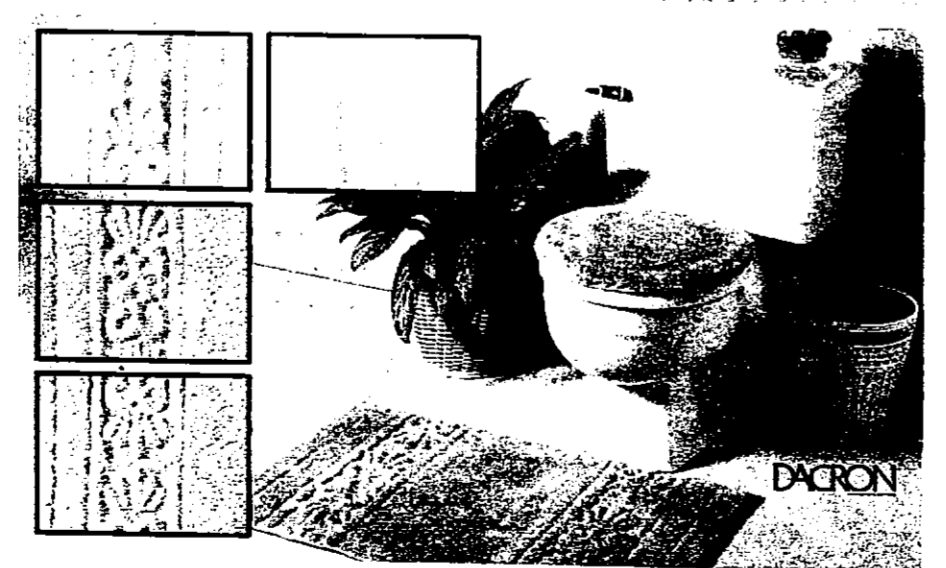
- Wash Cloth **1.09** (Reg. 1.48)
- Hand Towel **1.89** (Reg. 2.56)
- Bath Towel **2.39** (Reg. 3.78)

Save on the popular look from Cannon... Santa Cruz Bath Coordinates. 85% cotton/14% polyester velour with the elegant look of fringed jacquard border design. Sure to add a beautiful look to your bath.



Reg. 7.86 **5.96**

Cannon Main Street Bath Set, now 24% off! This 3-piece set includes hand towel, bath towel and wash cloth in assorted styles and colors to accent your bathroom decor. 100% cotton, sheared velour for super soft comfort. Cannon quality at a price you can afford.

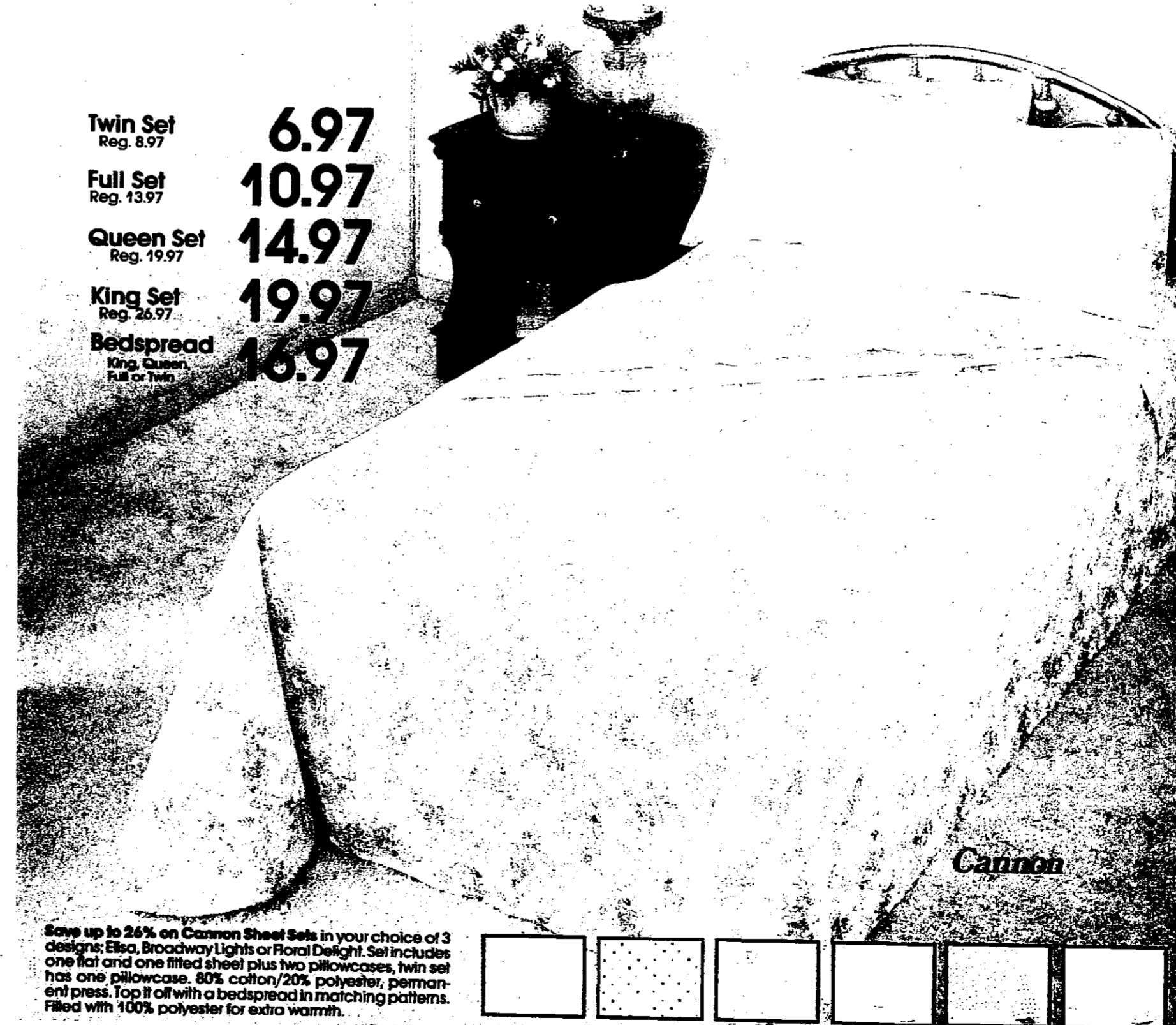


6.96

Let Cannon add the finishing touch with a Santa Cruz Bath Set. 2-piece set includes 2'x32" rug and matching lid cover. Made of DuPont Dacron® polyester for machine wash easy care. In blue, brass, gold or rose for a classic look at a great low price.

Items Available At TGI & Y Family Centers Only. **TGI Y Family Centers** MasterCard VISA

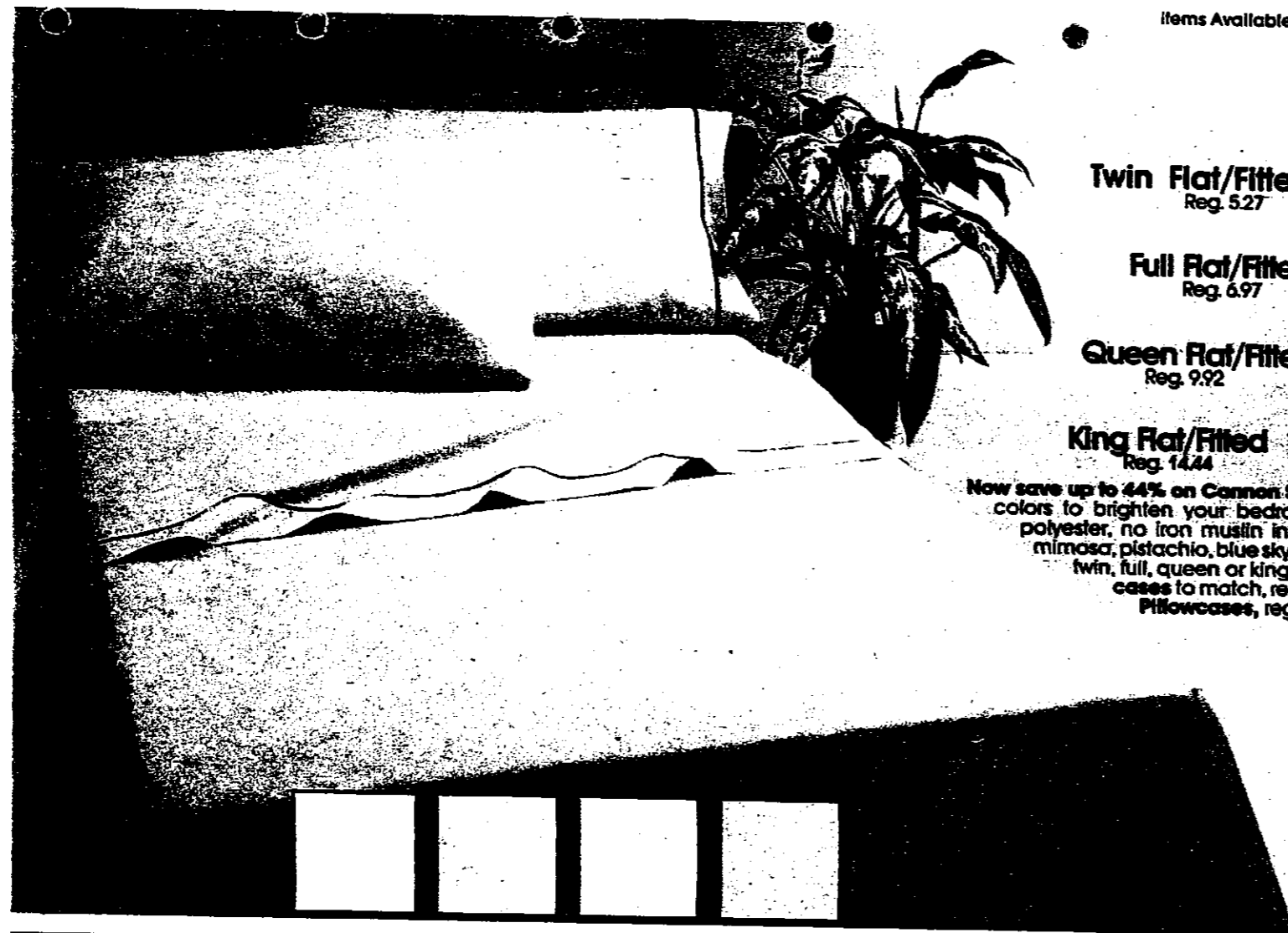
Color-It Cannon Sale



- Twin Set **6.97** (Reg. 8.97)
- Full Set **10.97** (Reg. 13.97)
- Queen Set **14.97** (Reg. 19.97)
- King Set **19.97** (Reg. 26.97)
- Bedsread **16.97** (King, Queen, Full or Twin)

Save up to 26% on Cannon Sheet Sets in your choice of 3 designs: Elsa, Broadway Lights or Floral Delight. Set includes one flat and one fitted sheet plus two pillowcases. Twin set has one pillowcase. 80% cotton/20% polyester, permanent press. Top it off with a bedsread in matching patterns. Filled with 100% polyester for extra warmth.

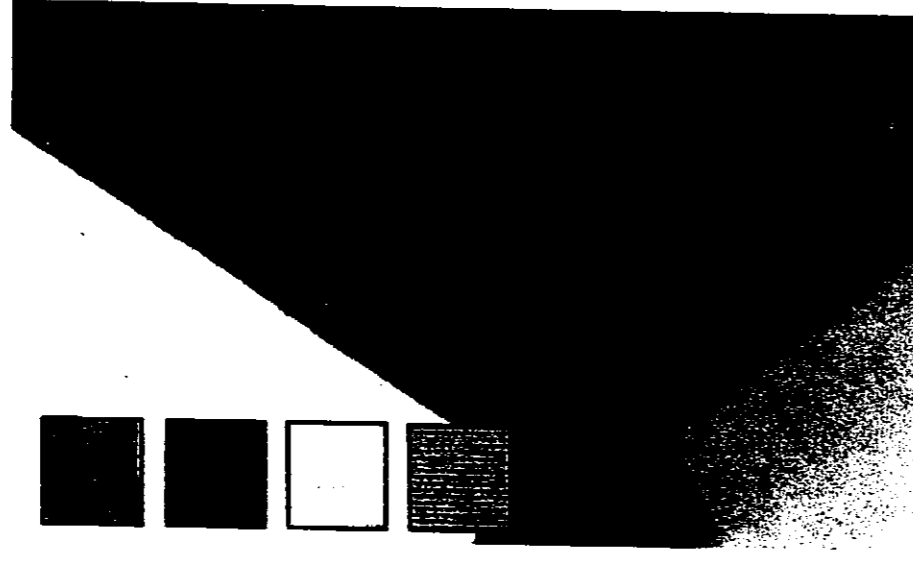
Items Available At TGI & Y Family Centers Only. **TGI Y Family Centers** Sale Ends March 24. A HOUSEHOLD INTERNATIONAL COMPANY



Items Available At TG&Y Family Centers Only.

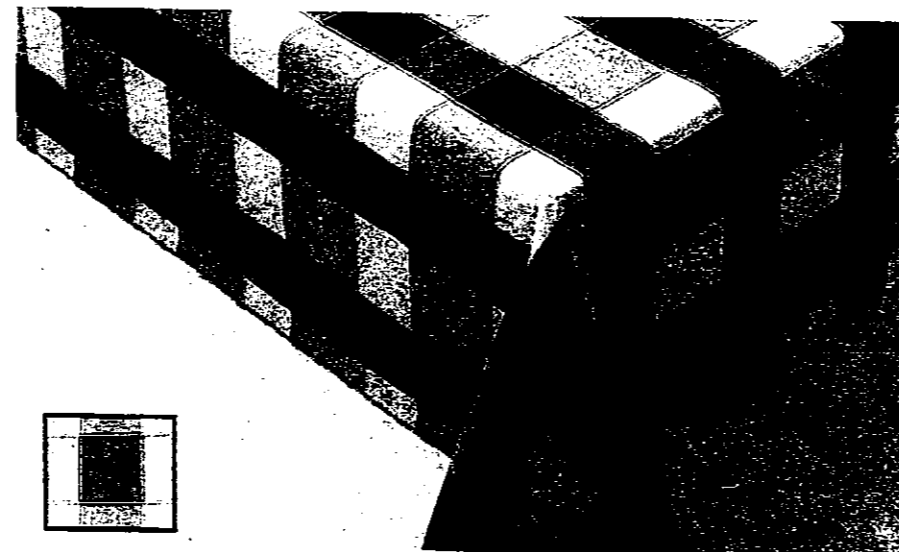
- Twin Flat/Fitted **2.97**
Reg. 5.27
- Full Flat/Fitted **4.97**
Reg. 6.97
- Queen Flat/Fitted **8.97**
Reg. 9.92
- King Flat/Fitted **12.97**
Reg. 14.44

Now save up to 44% on Cannon Sheets in a rainbow of colors to brighten your bedroom. 50% cotton/50% polyester, no iron muslin in solid colors. Choose mimosa, pistachio, blue sky, camel or ricepaper in twin, full, queen or king size. Standard Pillowcases to match, reg. 4.97, now 3.47. King Pillowcases, reg. 5.97, now 4.87.



Twin **9.97**
Reg. 16.27

You'll save on a Cannon Patton Bedspread now 24% to 39% off! Dress up your bedroom with a beautiful spread in blue, brown or adobe. Colors to go with any decor at low prices just for you. Full size, reg. 18.33, now 13.97. Hurry in for your best selection.



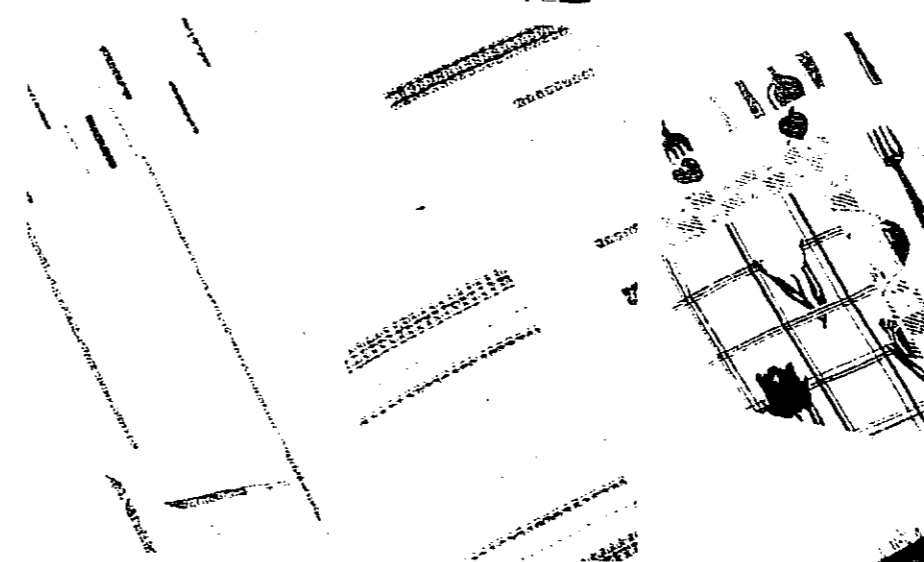
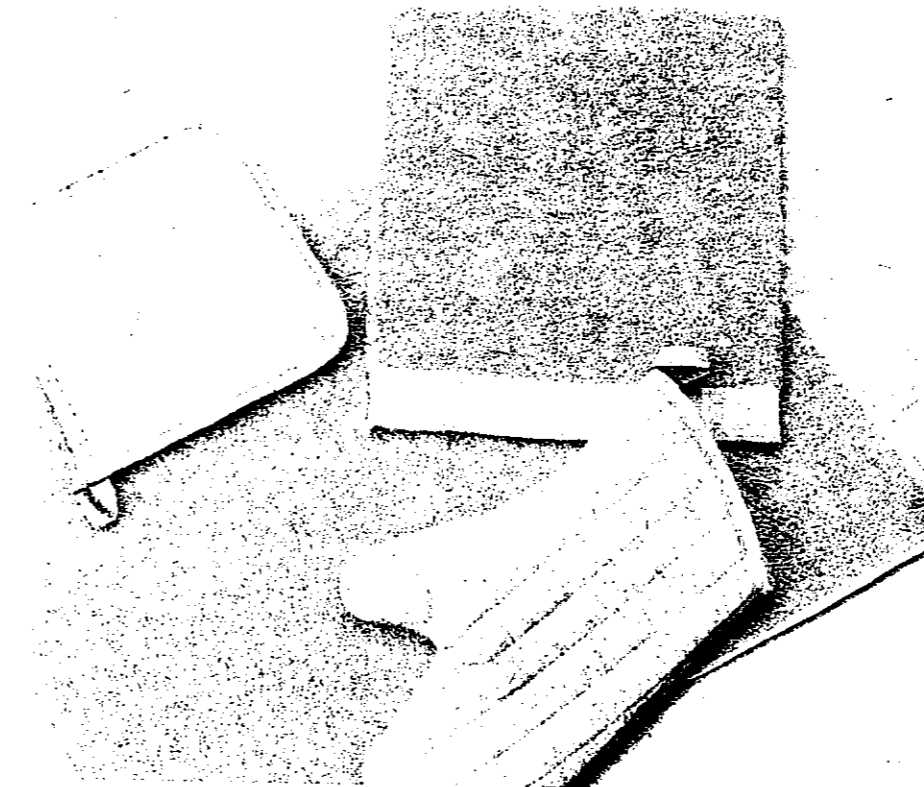
Twin **9.97**
Reg. 15.47

Save 20% or 36% now on a Cannon Canacord Bedspread! 86% cotton/14% polyester ribbed cord. Features no iron, machine wash for easy care and rounded corner design. Choose russet, red, blue, gold or brown. Full size, reg. 17.47 now only 13.97. Take advantage of these savings today.

TGI Y Family Centers

- Pot Holder **1.17**
Reg. 1.54
- Dishcloth **.97**
Reg. 1.24
- Kitchen Towel **1.57**
Reg. 2.24
- Oven Mitt **2.27**
Reg. 2.74

Cannon Parfait Solid Kitchen Separates now up to 40% off! 100% cotton or polyester/cotton blends in melon or almond with contrasting dobby grid. Mix or match for a daring ensemble to brighten your kitchen today.



.73 ea.
Decorate your kitchen with Cannon Terry Towels. Stripes or checks of 100% cotton. Ass'd. colors.

Reg. **.97**
Save 29% on Cannon Waffle Weave Dish Cloths! 100% cotton plaid in ass'd. colors. 3 pack.

.97 ea.
Cannon Velour Kitchen Towel in assorted colors for a bright new look. Polyester/cotton blend.

Reg. **2.97**
Save 23% on a 12-pack of Cannon Wash Cloths. Polyester/cotton in assorted colors and checks.

2 \$5 FOR
Choose sheared or terry Bath Towels in several solids, prints or jacquards. Slightly irregular.

7.96 ea.
Wrap up in a Providence Terry Bath Sheet from Cannon. Polyester/cotton in assorted colors.

- Dishcloth **.97**
Reg. 1.24
- Pot Holder **1.17**
Reg. 1.54
- Kitchen Towel **1.37**
Reg. 1.94
- Oven Mitt **2.27**
Reg. 2.74

Items Available At TG&Y Family Centers Only.

Save up to 29% on Cannon Stencil Pineapple Kitchen Coordinates! Polyester/cotton in rust and navy with contrasting pineapple print. Dish cloth, pot holder, kitchen towel and oven mitt combine to give your kitchen a great look!



TGI Y Family Centers