

community calendar

LET'S DANCE

Thursday, Aug. 7: "Let's Dance," offers music for dancing or listening for all ages provided by Farmington Community Dance and Jazz Band at 8 p.m. in Building H, Oakland Community College, Orchard Ridge Campus. No charge. Dance is sponsored by Farmington Area Arts Commission and Michigan Council for the Arts in cooperation with Farmington Hills Parks and Recreation Department.

LIBRARY BOARD

Thursday, Aug. 7: Farmington Community Library Board of Trustees regular monthly meeting at 8 p.m. in Farmington Hills Community Library, 32737 12 Mile Road. Open to all interested persons.

EARLY CHILDHOOD CENTER REGISTRATION

Thursday, Aug. 7: In-person registrations are being taken now for 3-5-year-olds' classes in Fairview Early Childhood Center, 28500 Oakcrest, in Olde Franklyn Towne Subdivision, between Northwestern Highway and 14 Mile Road, east of Middlebelt Road. Parents

have option of times and days. Inquiries taken by Jean DeNaro in the center, 626-8335. Center is open now from 8 a.m. to 4 p.m. weekdays. Classes begin week of Sept. 8.

45 AND UP CLUB

Friday, Aug. 8: Area residents who are 45 and older, divorced, widowed or never married, are invited to join at an organizational meeting of the 45 and Up Club in a private home. Bea Holt asks interested persons to call her beforehand, 474-9258.

FARMERS MARKET

Saturday, Aug. 9: Farmers Market, with about 25 vendors, runs from 9 a.m. to noon on the grounds of Farmington Community Center, Farmington Road north of 10 Mile Road. Market continues on Saturdays through October.

BOB-LO RAMBLERS

Saturday, Aug. 9: The Bob-lo Ramblers in concert at 1, 2, 3 and 4 p.m. in Livonia Mall, Seven Mile and Middlebelt Roads, Livonia. No charge.

DOLL AND TOY SHOW

Sunday, Aug. 10: Exhibition of dolls and toys from more than 40 dealers, sponsored by Comic Tree and Sports Collectibles, from 10 a.m. to 4 p.m. in Knights of Columbus Hall, 21900 Middlebelt Road. Admission of 75 cents asked at the door.

VACATION BIBLE SCHOOL

Monday through Friday, Aug. 11-15: Vacation Bible school with the theme "Jesus and You: the Winning Team" runs from 9:15-11:45 a.m. each morning in Hope Lutheran Church, 39200 12 Mile Road, for all children from kindergarten through sixth grade. No charge. Registrations are being taken now by calling the church office, 553-7170.

BLOODMOBILE

Monday, Aug. 11: American Red Cross Bloodmobile will be on the grounds of Farmington Area YMCA, 28100 Farmington Road, all day. Donors are asked to stop in the Y to fill out a donor card, or call for an appointment, 553-4020.

FREE MOVIE

Tuesday, Aug. 12: Free movie continues at 10 a.m. every Tuesday through

the summer in Livonia Mall Cinema, Seven Mile and Middlebelt roads sponsored by Livonia Mall Merchants Association.

GRANDPARENT-GRANDCHILD PICNIC

Tuesday, Aug. 12: Area grandparents are invited to bring their grandchildren to the fourth annual Picnic in the Park, from 10:30 a.m. to 3:30 p.m. in Farmington City Park, Shiloh and Power roads. Guests bring their own picnic lunch. Fun and games provided by the Gathering Place. No charge.

IMMUNIZATION CLINIC

Thursday, Aug. 14: Free immunizations offered to all Oakland County residents up to 17 years of age from 9 a.m. to noon in Shiloh Recreation Center, 30415 Shiloh, at Tuck Road. Clinic is sponsored by Oakland County Health Division. Appointments are not necessary.

BEAUTIFICATION COMMITTEE

Thursday, Aug. 14: City of Farmington Beautification Committee regular monthly meeting at 8 p.m. in Farmington City Hall on Liberty Street. Open to all interested persons.

WOODY HERMAN

Saturday, Aug. 16: Woody Herman

and his orchestra in concert at 8 p.m. in Redford Theater, 17360 Lahser Road, sponsored by Motor City Theater Organ Society. Tickets are \$3, \$4, and \$7 on sale now at the box office, or by mail.

CRAFT SHOW

Saturday, Aug. 16: Craft Show exhibits the works of the residents of the Evangelical Home all day during regular mall hours in Livonia Mall, Seven Mile and Middlebelt roads.

DANCE AND AUTION

Saturday, Aug. 16: Dance and Auction, second annual event sponsored by Brodhead-Farmington Veterans of Foreign Wars (VFW) Post 2259 to benefit Muscular Dystrophy Associations of America begins at 7:30 p.m. in the post, 23414 Orchard Lake Road. Admission is \$4 at the door. Guests are asked to donate a white elephant to be auctioned by a professional auctioneer during the evening.

YOUTH SYMPHONY

Tuesday, Aug. 19: Youth symphony from Augsburg, Germany, stop on tour for a brunch-concert at 10 a.m. and an

evening concert at 8 p.m. in St. Agatha Catholic Church, corner of Beech-Daly and Pembroke, Redford Township. Admission to the brunch is \$1, or 50 cents for senior adults and students asked at the door. No admission charge for the evening concert; a free will offering will be accepted.

TORONADO TOAST

Wednesday, Aug. 20: "Tornado Toast," cocktail party and car raffle to benefit American Cancer Society begins at 7 p.m. in Bob Saks Oldshole in Farmington Hills. Tickets at \$75 each available by calling the society, 557-5353.

BEAUTIFICATION COMMISSION

Wednesday, Aug. 20: Farmington Hills Beautification Commission regular monthly meeting at 8 p.m. in Farmington Hills City Hall, 31555 11 Mile Road. Open to all interested persons.

ARTS COMMISSION

Thursday, Aug. 21: Farmington Area Arts Commission regular monthly meeting at 7 p.m. in Farmington Hills City Hall, 31555 11 Mile Road. Open to all interested persons.



Roses for her choirmaster were presented to Wilma Arensman by young choir member Lisa Derocher.

Minister of music retires from Clarenceville church

Wilma Hood Arensman retired as minister of music at Clarenceville United Methodist Church after 35 years with the church congregation. Her musical career began at an early age when she and her sisters, Mabel, Wanda and Ruth, were known as the Hood Sisters Quartet. She was educated at the Detroit Institute of Musical Art, the Robert Harkness School of Sacred Music in Pasadena, Cal., and Wayne State University. Through her career she has taught piano and organ and headed up a host of music-related seminars and workshops. Before coming to Clarenceville, in 1945, she was organist for Wesley Methodist Church in Detroit and played for Voice of Christian Youth in Masonic Temple. At Clarenceville she organized the present music program which consists of six choirs, four bell choirs, several quartets and instrumental ensembles.

Dealing with moods that will ruin a diet

Florine Mark, president of Weight Watchers in Michigan, believes how you feel about yourself and how you react to the way life treats you often has an impact on eating habits.

"Remember the last time you had the blues or were tense, angry or just bored?" she asked. "Think about the way you handled the mood. Chances are, you took your problem to the refrigerator."

A sort of vicious cycle can be identified which characterizes such eating problems. First, something happens that puts you in a bad mood.

Second, you eat a little bit, just to treat your problem feelings.

Third, you feel badly that you ate something you shouldn't have.

Fourth, you condemn yourself for having no will power.

Fifth, as a result, you eat a little more.

THE CYCLE goes on unless it is broken. "The good news," Ms. Mark said, "is that we can take steps to avoid this kind of problem eating."

The first step is to remember some situations in which you did fight the urge to eat your problems away and some in which you gave in to temptation.

"Analyze each category carefully," she said. "Remember why each case occurred, what emotion you were dealing with and how you might have reacted more constructively."

A basic personal understanding of why such behavior occurred in each situation provides the information needed to take action.

"Keep in mind that when unpleasant experiences occur, we can respond constructively," she said. "If we are unhappy because we're out of work, turn thoughts to seeking a good job instead of bemoaning inactivity."

"If bored, look for meaningful, rewarding ways to occupy time, rather than simply feeling sorry and snacking."

The basic problems might remain, but by taking measures, the impact of

the negative feelings can be blunted.

"Then take positive action and this means planning," Ms. Mark said. "If we're angry at someone, for example, determine to have a pleasant interaction with that someone and plan specific action to that end."

The important factor is that once the vicious cycle of mood eating is broken, so is one of the prime causes of poor nutritional habits.

"THE VERY next time a bad mood strikes and you feel the urge to take your emotion out in eating, take command of the situation," she said.

"Don't give in. You'll find that a very different kind of cycle will result. You will be pleased with yourself for not making an unpleasant situation worse."

Farmers Market thrives despite downpour

The outdoor Farmers Market was drenched in rain on its opening day last Saturday, but those farmers and vendors who stayed and braved the bad weather were sold out long before closing time. The new event for the area is sponsored by Farmington Community Center on the center's grounds on Farmington Road, north of 10 Mile Road.

Phyllis Welch, chairwoman of Farmers Market, called the weather "part of the growing pains of a new venture." The market will continue from 9 a.m. to noon on Saturdays through October.

"One resourceful farmer came equipped with a large patio umbrella which kept him, his baked goods and produce dry," Ms. Welch said. "Fresh corn and tomatoes, the most popular produce, were sold out the first hour. The farmers were impressed by the many customers who were impressed by the rain and were buying produce, not only in small quantities, but by bushel baskets," she said. Because of the customer response, Ms. Welch and her committee are making every effort to see that more produce will be available for next Saturday's Farmers Market visitors. The market offers locally grown produce in season, honey, fresh eggs, cut flowers, plants, homemade baked goods and quality crafts.

"Plus Kathy Koeb's cheese cake," Ms. Welch said. Mary Judge is now in the process of arranging for a special booth where youth may sell their produce. Young growers are invited to call her at the center, 477-8484, for details.

Adults who have surplus from their gardens are invited to call Ms. Welch at the center to arrange for a booth.

"A word to the wise: be an early bird," Ms. Welch said. "Fresh produce sells fast. All farmers and vendors are set up early and ready for customers by 9 a.m. sharp."

Parking space is plentiful and convenient.

The Best Little Tennis Sale In Town.

Announcing a tennis sale with something for everyone!

For women there are white tennis shirts, skirts, T-shirts and dresses by RUTH ROBBINS TAIL, ULTRASPORT, NATTY and BETA for \$5, \$10 and \$15

For men there are boldly handsome tennis clothes by JOHN NEWCOMBE INTERWOVEN PAUL SULLIVAN and BOAST at drastically reduced prices

Our tennis clothes for children are on sale, too

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Monday through Saturday 9:30 to 6:00

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BONWIT TELLER

SUNDAYS, SHOP BONWIT TELLER 12:00 TO 5:00 MONDAY, THURSDAY, FRIDAY SHOP 10:00 TO 9:00. TUESDAY, WEDNESDAY, SATURDAY 10:00 TO 6:00. CALL 643-8700. 2701 SOMERSET MALL, TROY.

Color me excited!

It's Saks Fifth Avenue's
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Back-to-School Show
Saturday, August 9th
11:00 A.M.
SFA entrance/Somerset Mall
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Saks Fifth Avenue, Troy, Somerset Mall, Big Beaver at Coolidge

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