## Here's a gift quick and easy

There are those dear friends for whom we'd stitch our fingers to the bone and there are those for whom something a bit less exhausting will suffice. Here's a gift lidea for the secondary of the

thread along each edge.



the lively needle

**Mary Kay Davis** 

bend the canvas into a circle and over-lap the four unworked rows at each end. Match holes and baste them to gether. Continue stitching your needlepoint pattern throuth the two lay-ers as if they were one. You ring is now circular.

Stitch the unworked edge threads with the Long-armed-cross, working with your needle always pionting toward you so that the thread is carried over the cnaves edge with each stitch. And that's all there is to it.

Now, what designs can you use? Try

stitches that move straight ahead around the ring like a ribbon. Exam-ples are Upright Gobelin, Parisian, or Milanese. (1/3/5). Try stitching each row a different color.

Work diagonal stripes of diagonal stitches such as Basketweave, Byzantine or Diagonal. Again change the color after each completed row. Plastic canvas won't warp, so use any stitch roun like

HOW ABOUT a monogram? Library

Take small designs from your favorite books — hearts, flowers, etc. — and work them with a Basketweave background, Try solid Basketweave apd liven it with contrasting French knots scattered wherever you want them.

Match a china pattern, stitch the first name of each member of the family in a different color, do whatever you like — it's almost impossible to make an unattractive ring.

But what if you adore paper nap-kins? Then work these rings in pink and blue, and hang them by ribbons from a baby's mobile. Or stitch them in red, white and green and hang them from your Christmas tree. You really can't ask for much more versatility than that.

"They must learn how to assess that information according to a personal value system, to set priorities and to make a choice.

"One of the most important parts of the decision-making process is becoming aware of the alternatives open of those alternatives and take a specific action step, even if it's as small as writing a resume or choosing an educational program."



## **GRAND OPENING**

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## Career planning program offered

Most adults don't have the career planning skills they need to survive in the modern world of work. Many ca-reer counselors work in community, educational or business settings with-out formal training in career develop-

out formal training in career development.

A model program was designed under a State of Michigan grant last year to meet this problem, and the program will be offered to the public in December by the Continuum Center for Adult Counseling and Leadership Training at Oakland University.

Career Planning for Adults will be offered free, except for a \$15 materials except for a \$15 materials except for a \$15 materials and \$15 materials \$15 materials

Continuum Center, Adams Road and Butler at Oakland University in Rochester.

It is designed for professionals who

It is designed for professionals who regularly give career advice to adults in various settings. It offers a structured career development package that includes leadership and decision-making models.

"Future shock forces all of us to learn and relearn skills in or us to learn and relearn skills in or us to learn and relearn skills in or jobs," says Jane Goodman, a trainer and counselor at the Center. "People also demand more job satisfaction than they once did, and there are special career needs for groups such as women and retirees. reer needs for groups such as women and retirees. "All of this means that adults are

continually replanning their careers. Most of us think that we should know how to do that but we never actually learned those skills. The people who advise adults often work in libraries, hospitals, employment agencies and other community, educational or business settings. It is those advisors we are reaching for."

The Continuum Center was asked to design such a career planning model

The Continuum Center was asked to design such a career planning model for the state because career develop-ment has traditionally been an import-ant component of Center programs. The program has already been held for professionals in Grand Rapids, Pe-toskey, and at local colleges. The main goal of the program is to help partici-pants learn a formal decision-making model.

model.

"Adults need to gather information
adults need to gather information
adults need to gather information
and the realities of both
school and work, "Ms. Goodman said.

## Secretaries hear of assertiveness

The South Oakland Chapter of the fational Secretaries Association (Inemational) will hold a dinner meetling breaday, Nov. 20, at the Farm House, 128 E. Nine Mile, Hazel Park. A social our will begin at 515 p.m.

A program after dinner will feature The South Oakland Chapter of the National Secretaries Association (In-ternational) will hold a dinner meeting Tuesday, Nov. 20, at the Farm House, 1128 E. Nine Mile, Hazel Park. A social

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Lake Rd. (18 Mile)

writing a resume or choosing an educational program."
For more information about Career
Planning for Aduls, contact the Continnum Center at Oakland University in
Rochester or phone 377-3033. The program is partially funded by the Michigan Department of Education under
the Community Service and Continuing
Education Act.
The Continuum Center also receives
grant funds from the National Institute
of Mental Health and the Administration on Aging.





