

club circuit

FARMINGTON BUSINESS AND PROFESSIONAL WOMEN begin a membership drive for the new season with a meeting at 7:30 p.m. Tuesday, Oct. 1, in Farmington Hills Branch Library on 12 Mile Road, east of Farmington Road.

A show of fashions will be given by Casual Corner. The event is open to all working women in the area. Inquiries are taken by Mary Sue Schade, 422-2720.

FARMINGTON MUSICALS combine a business meeting and musical program honoring International Music North at 12:30 p.m. Wednesday, Oct. 2,

in Farmington Hills Branch Library. Joanne Bunker will sing three arias representative of romantic Italian music, with accompanist Beverly Nostes.

Asira Kalinis and three members from the Latvian Choral, Rada Sturgis, Regina Liekajis and Liga Jakobson, will sing Latvian duets and trios. The group will be accompanied by Marie Walk.

Pat Semerjian, accompanied by Elenora Skillman, will render French songs of the 18th century called "Bergerettes."

Program chairman is Mary Brosch and the tea chairman is Carolyn

Dinner. The program is for members only. Members who wish baby-sitting services during the meeting are asked to call Janet Kidd, 563-3911, before Oct. 2.

The Farmington Musicals is affiliated with Michigan Federation of Music Clubs and the National Federation of Music Clubs.

WOMEN OF NORTH FARMINGTON meet at 10 a.m. Thursday, Oct. 3, in Bonsai Gardens, in Davis' "4. Members will tour the gardens. A candle factory and an apple orchard with a cider mill and lunch is scheduled for 2 p.m. in Apple-teaser in Millford.

Cost for the tours and lunch is \$11. Reservations are taken by guests, as well as members, from Irene Karpinski, 553-0484, and Elaine Rousseau, 477-6849. Maps will be available.

INDOOR GARDENING SOCIETY meets at 7:30 p.m. Wednesday, Oct. 2, in Farmington Hills Branch Library, 12 Mile Road east of Farmington Road for a program called "Indoor Bulbs for Winter Bloom."

The program will be led by Bill Katz and is open to guests at no charge. Refreshments are complimentary.

WOMEN'S RESOURCE CENTER, Schoolcraft College, begin a free four-part series called "The Middle Generation" beginning at 7 p.m. Thursday, Oct. 3, in Room B200, Liberal Arts Building on campus, 18600 Haggerty Road.

The series begins with "Life Habits," led by Pamela Ashwork, director of Community Health Education Department in Providence Hospital. She will talk about health promotion and disease prevention.

Registration is not required. Inquiries are taken by calling the resource center, 591-6400, Ext. 430.

SIERRA CLUB, Detroit Group of the Mackinac Chapter, meets at 7:30 p.m. Thursday, Oct. 3, in Northwest Unitarian Church, 23925 Northwestern Highway Service Drive, between Nine and 10 Mile roads, Southfield.

Program for the evening is called "Vanishing Tomorrows or is Planning a Bad Word?" The talk will be given by Dr. Eugene Perrin, a Sierra Club activist for 25 years with 30 years experience in working with endangered species.

He is a professor at Wayne State University Medical School and a professor of anthropology at Wayne. Guests are welcome. There is no admission charge. Inquiries are taken by Sierra Club's hotline, 532-2859.

INSTITUTE FOR THE STUDY OF EATING DISORDERS offers free lectures every other Friday night, beginning at 7:30 p.m. at 23800 Orchard Lake Road. The lecture series, which runs until Dec. 6, is co-sponsored with Orchard Hills Psychiatric Center.

Speaker for the Oct. 4 lecture is Dr. Richard Todd of Orchard Hills Psychiatric Center. His topic is "Stress Management."

The institute aims to disseminate information relative to eating disorders to the public and to health professionals. It promotes programs for the treatment, study and education of persons affected with anorexia nervosa, bulimia and compulsive eating.

It offers referrals for psychological and medical treatment, and self-help groups for persons struggling with these illnesses and their families.

There is no charge for the lecture series, but reservations are needed at least 24 hours in advance by calling 474-1144.

All club news and announcements for this column are to be addressed to: Club Circuit, Farmington Observer, 32022 Grand River, Farmington 48024. The information must arrive before noon on the Monday before Thursday publication.

Relaxing soak rinses troubles away

For the woman who must manage home and family responsibilities, for the woman who faces the challenge of a career every day, for the woman whose day is often filled with stress, escape is only minutes away.

"Take a bath," says Tamara of Tamara's Institute de Beaute. "You don't have to catch a plane or a train or even leave the privacy of your home. You're a hard working woman and you've earned a relaxing soak that will rinse your troubles away."

"I have 10 tips that will help you get the most out of your bath, not only for relaxation but to send you on your way to a more beautiful you."

1) Fill the tub with warm, not hot, water. Hot baths are actually exhausting because hot water drains the body and dehydrates the skin. If you have visible capillaries, known as spider veins, on your legs, a bath that is too hot can make them worse.

2) Add algae concentrate to the bath water and consider adding essential oils as well. The combination will make your skin feel smooth and silky.

3) Take the telephone off the hook. A bath is not a shower that is in, wash, rinse and out. A bath should be an escape from the cares and concerns of everyday life. A ringing phone is an alarm that will bring you back to reality all too abruptly and prematurely, especially if you jump out of the tub, throw a towel around you and rush to answer it, dripping water all across the floor.

4) Turn on some soft music, but do keep the radio, if that's what you're listening to, far from the tub. Light a candle and let the warm water cover you and comfort you. Don't be in a hurry to soap up. Close your eyes and float away.

5) Do an anti-stress exercise. Shrug your shoulders up and hold for five seconds. While you're in this pose, notice the tension in your shoulders, neck and back. Now, let your shoulders drop back down. Really let them drop. Try to imagine a 50 pound weight sliding off your right shoulder, then off your left. Feel how nice it is not to have to support that weight. Think about your shoulders, your neck, the muscles in your back. Relax.

6) Use either a loofah or a body brush. This will stimulate the circulation, remove dry tissue and dead cells, and help you achieve better skin tone. Work the loofah slowly and carefully across your body, covering every inch of your skin. Take all the time you need, and want, as if you haven't a care in the world.

7) Wait until late in your bath before shaving your legs. Use as mild a lotion as you can because your pores will be wide open by now, and abrasive shaving lotions may irritate your skin.

8) When drying yourself don't use a rough towel. It may seem invigorating, but it actually robs the skin of moisture. Blot dry excess moisture with a



Tamara

soft towel. Or just wrap yourself in a Terry robe.

9) Moisturize your skin while it is still damp. This will help hydrate the skin.

10) Relax. Pamper yourself for a while longer. Don't immediately rush into other things. The best time for a bath is before bedtime, but if you take it earlier, lower the lights, lie down on your bed or couch, listen to soft music and just take it easy. Let your imagination run wild.

Tamara Institute de Beaute is at 32480 Northwestern Highway.

'Stepfamilies' is topic for all day workshop

Dr. Linda Albert will conduct a one-day workshop for parents and stepparents on stepfamily living from 9:30 a.m. to 4 p.m. Saturday, Oct. 19, in Mercy Center. The event is sponsored by Farmington Youth Assistance (FYA).

The purpose of the workshop is to clarify issues involved in stepfamily living, and to provide clear guidelines to stepparents for conquering any problems that arise.

Albert, from Family Education Center of Florida, will also be conducting a program for professionals in the area of stepfamilies, through Oakland County Youth Assistance during her stay here.

Albert is the author of "Coping With Kids," "Coping With Kids and School" and "Stepfamily Living." She also authors a national syndicated newspaper column, "Coping With Kids," which offers practical solutions to everyday problems.

For her workshop here she will focus on identifying pitfalls of stepfamily living, analyzing stepfamily relationships, disciplining, encouraging and enriching stepfamily life, and building support for stepfamilies in the schools.

Registrations are being taken now from parents and stepparents for the Oct. 19 workshop by the FYA office, 476-3840. Fee is \$15 per person or \$20 per couple.

The workshop for professionals is scheduled for Friday, Oct. 18. Registration information for this workshop is given by Rita Weiss, 349-7850.

Clothing needed

Greater Detroit Association of Life Underwriters are sponsoring a clothing drive for St. Vincent de Paul Society Saturday. The society's trucks will be on the grounds of Empire of America complex, 24800 Northwestern Highway from 11 a.m. to 3 p.m. to receive clothing from donors.

The complex is located at the Evergreen-10 Mile Road-Northwestern intersection in Southfield.

Members of the underwriters association will be on hand to give receipts for tax purposes.

Farmington resident joins Campus Crusade

Michelle DeMartini, 25, of Farmington was among 254 persons recently joining the staff of Campus Crusade for Christ International, an interdenominational Christian organization.

DeMartini completed the organization's summer new-staff training at Colorado State University campus in Ft. Collins, Colo.

Founded in 1951, Campus Crusade for Christ has more than 16,000 full-time and associate staff of many nationalities involved in Christian outreach in 150 countries and protectorates around the world.

DeMartini, daughter of Mr. and Mrs. Louise DeMartini, will work as the secretary and administrative assistant to the director of the Mass Media Ministry at the organization's international headquarters in San Bernardino, Calif.

DeMartini graduated from Farmington High School, then earned a bachelor of arts degree in interior design at Michigan State University. She is a member of Ward Presbyterian Church in Livonia.

"I will be able to use my skills and help reach people for Christ, which I



Michelle DeMartini

feel is the most important work because it will affect all of eternity," she said when asked why she joined Campus Crusade for Christ.

She is available to speak to church and civic groups about her work and can be reached by calling 477-5058.

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