

## club circuit

**BIRMINGHAM-BLOOMFIELD-TROY SINGLES** sponsor a Singles Meet Singles dance party from 7:30 p.m. to 1:30 a.m. Friday, May 23 in Troy Hilton Inn, Stephenson Highway and Maple Road, Eddie Rogers of WOMC-FM provides the music. Admission is \$3 for all. For more information, call 649-4184.

The group holds a Memorial Day dance party from 7:30 p.m. to 1 a.m. Friday, May 30 in the Kingsley Inn, Woodward at Long Lake Road, Bloomfield Hills. Eddie Rogers of

WOMC-FM provides the music. For information call 649-4184.

**FARMINGTON COMMUNITY CENTER WOMEN'S CLUB** sponsors a trip to the Edsel Ford Home on Friday, June 6. The trip includes a tour of the house and grounds with lunch following at the Jefferson Colonnade. Bus transportation will leave at 9:30 a.m. from the Oakland Community College, Orchard Ridge parking lot, Farmington Road entrance. Group will return at 4 p.m. The cost

of the trip is \$25 for members, \$30 for non-members. Reservations must be made by Wednesday, May 28. Mail checks to the Farmington Community Center, 24705 Farmington Road, Farmington Hills, 48018. For more information call the center at 477-8494.

**WOMEN'S BAR ASSOCIATION** Oakland Region, Women Lawyers Association of Michigan are invited to attend a performance of Joseph and the Amazing Technicolor

Dreamcoat, at 8 p.m. Friday, May 30 in the Birmingham Theatre. For reservations, send a check for \$22.50 payable to the WBA to Leslie Lindell, 622 S. Edison, Royal Oak, 48067. Include a self-addressed stamped envelope. For more information call 645-0680.

**OAKLAND COUNTY YOUNG REPUBLICANS** hold a Celebration of Summer dance party at 9 p.m. Friday, May 30 in the Holiday Inn of Troy, 2637 Rochester Court, near

Rochester Road and the I-75 ramp. Admission, \$5. Free drink tickets for early arrivals.

Volleyball continues at 6:30 p.m. until dark, every Monday night at Quickstad Park with afterglow from 9 p.m. until 1 a.m. at Jameson's, 1812 N. Main, Royal Oak. For more information call the hotline, 543-5767.

**BETHANY TOGETHER** an organization for divorced and separated sponsor a dance from 9 p.m. to 1

a.m. Saturday, May 31 in the Acon VFW Hall, Fourth and Troy streets, Royal Oak. Fox Fire performs. Admission is \$6. For further information call the hotline at 866-3812.

All club news and announcements for this column are to be addressed to: Club Circuit, Farmington Observer, 33203 Grand River, Farmington 48034. The information must arrive before noon on the Monday before Thursday publication.



Croly-Chesley

Scott E. Chesley of Farmington and Michele R. Croly have announced their engagement. He is the son of Mrs. Charles W. Sutherland and the late Robert G. Chesley. She is the daughter of Mr. and Mrs. Robert Croly of Jenison.

The bride-elect is a 1986 graduate of Adrian College School of Interior Design.

Her fiancé is a 1981 graduate of Farmington High School and a 1985 graduate of Adrian College. He is vice-president of Theta Chi Alumni Association-Adrian College Chapter. He is employed as an account coordinator by Campbell-Ewald Advertising.

A June wedding is planned in First Presbyterian Church of Farmington.



Chouinard-Bruin

Cheryl Elizabeth Chouinard is engaged to Michael Eric Bruin. She is the daughter of Gall and Richard Chouinard of Farmington Hills. He is the son of Ralph and Mary Bruin of Indianapolis, Ind.

The bride-elect is a recent graduate of Oakland Community College. She earned an associate's degree in management development. She is employed in the public relations and marketing departments of Fairbanks Hospital in Indianapolis.

Her fiancé plans to earn a degree in forestry this fall from Indiana University. He is an officer with the Indianapolis Police Department.

An August wedding is planned.



Norman-Thomas

Mr. and Mrs. Larry Norman of Worthington, Ohio, announce the engagement of their daughter, Nancy, to Charles Thomas, son of Ernie and Shirley Thomas of Farmington Hills.

The bride-elect is a senior at Eastern Michigan University. She is majoring in special education.

Her fiancé is a graduate of EMU. He is employed by the Selective Group, Birmingham.

A June wedding is planned.

## Concert to benefit leukemia foundation

The Children's Leukemia Foundation of Michigan, which serves adults and children, will be the recipients of a benefit concert sponsored by Bezes Company.

"Brunch, Balloons and Brass Band" will take place on June 1 at Muirwood and Fairmont Park,

Farmington Hills. Music will be provided by the Franklin Village Band.

CLF is a non-profit agency of the United Way and provides assistance to families with leukemia and other life-threatening blood disorders. It supports research efforts in Michigan.

## Booklet offers tips on insomnia

The Food and Drug Administration is offering a free reprint called "Insomnia" to help those who have a hard time falling to sleep.

To receive a copy, write to the Consumer Information Center, Dept. 564L, Pueblo, Colo. 81009.

According to the FDA, millions of Americans buy over-the-counter and prescription drugs to help restore

normal sleep habits. But increasing publicity about the widespread and haphazard use of sleep aids has heightened interest in alternative approaches.

**TO TREAT INSOMNIA:**

First, have a complete physical exam to rule out all possible medical problems. If there is no physical con-

nection or cause for your sleeplessness, examine your lifestyle for clues. Could it be that you often overuse caffeine or other stimulants? Nicotine is a stimulant, so heavy smoking could be a cause.

Do you have irregular times for going to bed and getting up, or do you take daytime naps? Do you avoid exercise? Do you tend to

overuse alcohol? Another factor that would make insomnia worse is the fear that you won't be able to sleep.

Often a short bout with insomnia can be caused by something on your mind — a work-related problem, or a family issue that hasn't been resolved. These are usually time limited, and the insomnia will disappear when the problem does.

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