

around Farmington

All announcements for this column must be mailed to Around Farmington, Farmington Observer, 3203 Grand River Farmington, 46024. Deadlines are noon Monday for the Thursday publication and noon Thursday for the Monday publication. Requests for announcements will not be taken by telephone.

SOFT SCULPTURE

Monday, Feb. 2: "Soft Sculpture Designing," introduction to the art by Carolyn Hall, author and lecturer in soft sculpture who shows a display of 24 animals that can be created, at 7 p.m. in Farmington Community Center. Fee is \$5. Reservations taken by calling the center, 477-8404.

WOMEN AND SOCIAL SECURITY

Monday, Feb. 2: "A Women's Guide to Social Security," talk by Melissa Turner of Postale Office, Social Security Administration, at 7 p.m. in Farmington Branch Library, State and Liberty. No charge. Program sponsored by Farmington Chapter, Older Women's League.

READY TO GRADUATE

Monday, Feb. 2: "Financial Planning" continues Getting Ready to Graduate series at 7 p.m. in Farmington Hills Branch Library, 32737-12 Mile. No charge, but reservations are requested by calling the library, 553-0300.

ONE WOMAN SHOW

Monday, Feb. 2: Shirley Robertson exhibits her work in a one woman show in Farmington Hills Branch Library, 12 Mile east of Farmington Road, through Feb. 28.

GED TESTING

Monday and Tuesday, Feb. 2-3: GED (General Education Diploma) tests given at 6 p.m. by Clarenceville High School, 28500 Grand River. Advance registration is necessary made by calling the department, 473-8900.

SENIOR CARE

Monday, Feb. 2: "Selecting Appropriate Senior Care," two-hour presentation on the many aspects of caring for an elderly relative at 7 p.m. in The Mile Community School, 32789 10 Mile. Admission is \$3 at the door.

MOTHERHOOD

Tuesday, Feb. 3: "Motherhood Without Resentment," three-session class led by Marie Buschinger, begins at 10 a.m. in Farmington Community Center. Fee is \$8 for each session. Reservations are taken by calling the center, 477-8404. Baby-sitting will be available for \$2 for each of the two-hour programs.

EXPLORING SPACE

Tuesday, Feb. 3: "Exploring Space," program presented by members of Living Science Foundation using STALLAB, a mini-planarium, at 3:30 p.m. for third to fifth graders, and at 4:30 p.m. for those from sixth grade through adult, in Farmington Community Center. Fee is \$5. Reservations are necessary, by calling the center, 477-8404.

INVESTMENTS

Tuesday, Feb. 3: "Determining Your Investment Objectives," talk by Maria Oleznicova of Shearson Lehman Brothers, at 7 p.m. in Farmington Hills Branch Library, 32737-12 Mile. No charge but registration is requested by calling the library, 553-0300.

BEAHAN OPEN HOUSE

Tuesday, Feb. 3: Open House for the Beahan Junior High School, 23971 Power. Guests are invited to meet the staff and tour the Catholic, co-ed school for seventh and eighth graders.

MODEL RAILROADING

Wednesday, Feb. 4: "Model Railroading," program for hobbyists led by Robert Britkman, member of Southern Oakland County Model Railroad Club, at 7 p.m. in Farmington Community Center. Fee is \$2.



RANDY DORST

In the Laura Ashley mode

Tea cups and fans, tiny flowered prints and 100 percent cotton petticoats are all part of the Laura Ashley Show, which begins at 3 p.m. Thursday in Farmington Community Center. Teens modeling the distinctive fashions are, from left, Michele Miller from Farmington High; Kerry Sayers, from Mercy; Maureen Lee, from Mercy; Linda Monge, from Farmington High; Brenda

Registration taken by calling the center, 477-8404.

DIABETES

Wednesday, Feb. 4: "Diabetes Management," six-session class, begins at 7 p.m. in Beaufort Hospital's Education Center, 28500 Grand River. Fee is \$25. Registrations taken by calling the hospital's Health Development Network, 471-8900.

VOLUNTEER GUILD

Wednesday, Feb. 4: People interested in volunteering for Farmington Community Center may attend the center's Volunteer Guild winter meeting at 3:30 p.m. in the center, 24705 Farmington Road.

INCOME TAX KNOW-HOW

Wednesday, Feb. 4: "Income Tax Know-How," two-session class be-

gins at 7 p.m. in Room 113, Clarenceville High School, 20210 Middlebelt. Fee is \$9. Registration taken by calling Clarenceville Community Education, 473-8900.

BOOK FAIR

Wednesday, Feb. 4: Book Fair from 11 a.m. to 7 p.m. in Maria Montessori Center, 32500 13 Mile. Fair opens items from The Children's Bookshop, Marmel and Discovery Toys. No admission charge. Baby-sitting and refreshments provided.

AMERICA SINGING

Wednesday, Feb. 4: "I Hear America Singing," an all-vocal concert performed by members of Farmington Musicals at 12:30 p.m. in Farmington Hills Branch Library, 12 Mile east of Farmington Road. Admission is \$1.50 at the door. Baby-sitting is available.

CHRISTIAN UNITY

Wednesday, Feb. 4: Service of Prayer for Christian Unity, jointly sponsored by St. John Lutheran Church and St. Gerald Catholic Church at 7:30 p.m. in St. John Lutheran Church, 28225 Gull Road. Offering will be donated to St. Augustine House, a Lutheran monastic retreat devoted to praying for Christian unity.

MUSIC INSTRUMENT SWAP

Wednesday, Feb. 4: Used musical instruments bought, sold, swapped or bartered beginning at 7 p.m. in East Middle School cafeteria, 25900 Middlebelt Road. No charge for the buyers. Sellers are asked a \$1 donation at the door. Sale sponsored by Farmington Public Schools Music Department.

JELLO FUN

Thursday, Feb. 5: Youngsters from 3-8 years are asked to wear washable clothes to "Finger Jello Fun," from 10:30-11:15 a.m. in Farmington Community Center. Fee is \$2. Registration is necessary by calling the center, 477-8404.

FASHION SHOW

Thursday, Feb. 5: Fashion show from Laura Ashley Shop in 12 Oaks Mall shown from 3-5 p.m. in Farmington Community Center. Reservations are \$2, made in the center on Farmington Road, north of 10 Mile.

VALENTINE CARDS

Thursday, Feb. 5: Children are invited to a Valentine card-making party from 6:30-8:30 p.m. in Jackson Children's Store, 275 N. Woodward, Birmingham. No charge.

PRESCHOOL NIGHT

Thursday, Feb. 5: "Preschool Night," sponsored by Farmington Area Pre-School Council whose members answer questions for parents concerning pre-school education, at 7 p.m. in Farmington Hills Branch Library, 12 Mile east of Farmington Road. Speaker is Joan Firestone, psychologist in early childhood education. No charge.

OCTETEE BRIDGE

Friday, Feb. 5: "The Octette Bridge Club," staged by Farmington Players at 8 p.m. in the Players Barn on 12 Mile, between Farmington and Orchard Lake roads. Tickets available for this date, Feb. 6-7, 12-14. The box office number is 625-5051.

It's never too late to quit smoking

Most smokers know they should kick the habit. They realize that smoking poses a serious long-term threat to their health and well-being — a threat that grows more menacing with every cigarette inhaled. They may be aware of the terrifying statistics — every year some 350,000 Americans die from disorders that are directly attributable to cigarette smoking, such as heart attack, emphysema and lung cancer.

Given this grim information, it's easy to understand why smokers will admit they wish to quit. But the task may seem next to impossible.

However, it's never too late to benefit from quitting. Although some damage from long-term heavy smoking is irreversible, the health benefits are both immediate and cumulative when you stop smoking.

Each time you don't smoke a cigarette, you keep your arterial pulse rate from speeding up, the blood vessels that supply your heart and brain from constricting, your blood pressure from rising, and the tiny air passages in your lungs from narrowing and losing their elasticity.

And the longer you abstain from smoking, the more benefits accrue. A smokeless day is better than a smokeless hour; a smokeless week is better than a smokeless day and so on. The improvement is something you'll actually feel.

MANY BEHAVIOR specialists advocate a gradual program over a period of several weeks. Others advocate a "cold turkey" approach. Yet a new approach to "Quit Day" (or "Q-Day") is up to you. But experts and former smokers agree that before any anti-smoking program or tactic can work, you must honestly want to quit.

The next important step is to set a definite time, place and set of circumstances for quitting. Joining a

group cessation program, even one as informal as the annual 24-hour National Smoke-Out sponsored by the American Cancer Society, can provide the catalyst to quit.

But if you decide to tackle the job all by yourself, you can draw encouragement from a growing army of ex-smokers who have successfully quit.

"If you look around, you can see that millions of people have quit," said Norman Hymowitz of the New Jersey Medical School, a veteran spokesman for lobbyists and a member of the American Heart Association of Michigan's subcommittee on smoking. "At some point, most of them probably doubted that they could do it, too."

The vast majority of people who quit do so on their own," Hymowitz said. "But the 'cold-turkey' approach is frightening to many smokers, and a gradual smoking cessation program may be best for them because it will help them stop procrastinating and set a specific time to quit. Cessation programs can help break the habit down into manageable chunks, provide a structure for quitting, and build your confidence. Sooner or later, though, the time comes when you actually have to bite the bullet."

WHETHER YOU quit on your own or in an organized program, a careful process of self-assessment can be very helpful.

"When they examine their own habits, lots of people find that they smoke far more than they thought," said Hymowitz, "and that they also smoke a lot of cigarettes they really don't want."

Once you have the information you need to quit, postponing the inevitable may not be the best course. Two gradual a withdrawal may actu-

ally heighten the chances of failure. Studies show that partial abstinence may cause a smoker's major withdrawal symptoms.

Withdrawal symptoms tend to ease during the first few days for "cold turkey" quitters, the researchers found, making it easier to hold out until the symptoms ran their course. But smokers who merely tried to cut down often encountered a chronic state of withdrawal with prolonged symptoms.

In some people, withdrawal symptoms may include irritability, aggression, anxiety or an inability to concentrate. The first two to four weeks are usually the hardest, but even during this critical time, the tobacco craving isn't the fierce, unrelenting obsession feared by many smokers. Instead, it intensifies from time to time, then ebbs.

Quitting "cold turkey" need not mean making an impetuous, spur-of-the-moment move. Since breaking the habit is one of the most important steps of a lifetime, treat it accordingly. Give yourself every possible advantage.

HERE ARE SOME helpful pointers:

• Set "Q-Day" for a time when you aren't under a lot of pressure. The start of a vacation, a slow time at work or even a sore throat that makes smoking painful may offer a good opportunity.

• Well before "Q-Day," write a list of all the reasons you have for quitting — everything from better health and financial savings to no more burn-holes in clothing and furniture. Keep the list handy and re-read it when the going gets tough. It will help you think in terms of what you're gaining instead of what you're giving up.

• When "Q-Day" comes, strengthen your commitment by telling family and co-workers what you're doing and ask for their support. Talk freely about your cravings with a sympathetic ex-smoker.

Going public will give you added incentive to succeed.

• Keep plenty of substitute forms of oral gratification handy, such as chewing gum, mints or hard candy. You can also drink water; chew mint leaves, cloves or cinnamon sticks; eat unshelled pumpkin or sunflower seeds; or nibble celery, carrots or even garlic.

• Although it is only available by prescription, a Swedish-manufactured nicotine chewing gum called Nicorette has helped some hardened cigarette junkies. Pilot studies showed it almost doubled the percentage of smokers who continued to abstain after one year as compared to those who chewed a regular gum. If you feel it could help you, ask your doctor.

• Lighting up is often a reflex action unconnected to tobacco cravings, so keep cigarettes out of easy reach to avoid "unconscious" smoking.

• Avoid substances and situations that you associate with smoking, especially coffee, other caffeine-containing drinks, and alcohol. Instead try fruit juices, club soda or mineral water. If you're used to smoking while watching T.V., turn the set off and go for a walk, read a book or write a letter.

• If you must drink alcohol, go easy. It may not only lower your resolve not to smoke but also may intensify your desire for a cigarette. Try to stay away from cocktail parties and other smoke-filled gatherings for a while.

• With your doctor's approval, take up an exercise program. It will take your mind off smoking, help offset any extra pounds you may pick up and add to your feeling of accomplishment and well-being.

• Be informed. Read all the authoritative material you can find on how smoking affects the body. The more you learn, the more determined you'll be to remain the ex-smoker from now on.

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