

'The Human Aura' is lecture topic

A lecture called "The Human Aura," the electromagnetic energy field that surrounds the body, will be given by Dr. Barbara Bowers at 7:30 p.m. Thursday, Oct. 29, in Smith Theater, Orchard Ridge Campus, Oakland Community College. The lecture is sponsored by Metro Detroit Holistic Health Association.

Bowers is a member of the first humanistic U.S. Psychology Program at California State University at Sonoma.

She believes that the human aura

can reveal information about an individual's life purpose, life lesson and communication styles. In her presentation she will talk about identifying the characteristics and patterns of colors as they relate to the individual's self development and personal growth. And she will tell how the aura can be used as a personal power tool.

She will lead the audience in participatory activities to demonstrate the existence of the auric field.

Tickets are \$5 at the door.

Magic, music join for 'Spooktacular'

Music and magic lovers of all ages are invited to "Spooktacular II," the season opening concert for the Farmington Community Band. The concert will begin at 7:30 p.m. Friday, Oct. 30, in Harrison High School auditorium, 29995 W. 12 Mile. Those

who follow the band members' lead and arrive in Halloween costume will be admitted free.

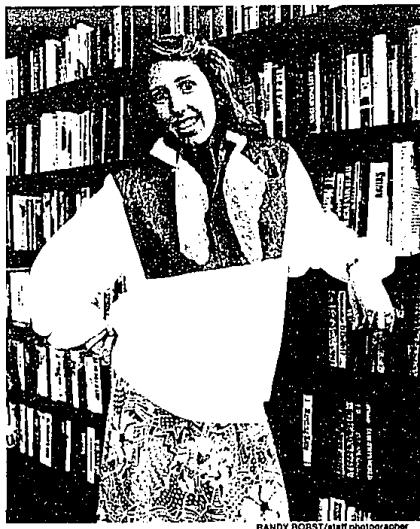
Admission for all those not in costume is \$3 for adults and \$2 for students and senior citizens. Children who are wearing costumes will be featured in a costume parade. Tricks and treats will be provided.

Premier magician Mike Thornton will be the guest entertainer. He has studied the art of magic at the prestigious Chavez Studio of Magic in Colon, Mich., the "Magic Capital of the World." His ability to blend illusion and humor will leave his audience spellbound and laughing as well.

The musical selections to be performed by the band will be aimed at the young and the young at heart. The 60-member concert band, while in costume, will play thrilling and chilling music including the classic "Sorcerer's Apprentice" by Dukas and the eerie "Epicition" by Paulson.

Also included on the program will be "Stars Wars Medley" and "Children's March" by Goldman.

Anyone who enjoys surprises, good music and watching happy children will want to be part of this evening.



RANDY BORST/staff photographer

Artwear

A booth marked "Artwear by Dawn" will be one of 70 booths containing handcrafted items for sale from 10 a.m. to 4 p.m. Saturday, Nov. 14, in Farmington High School, 32000 Shilawasee. Dawn Singer models one of the copyrighted denim-trimmed sweat shirts she'll be selling in the annual Arts and Crafts Sale sponsored by Farmington Area Community Women. There is no admission charge. Snacks will be available throughout the sale hours.

Information on AIDS offered free

The Oakland County Health Division offers free printed information about AIDS and how to protect against it. To receive a copy of the information, call the Oakland County Health Division at 858-1286.

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Pumpkins 'n' spice 'n' everything nice

Halloween marks the traditional opening of the pumpkin season. Everyone knows the fun of carving a pumpkin into a jack-o'-lantern, and they've become traditional musts for festive fall decorations.

"By far, the greatest use for this attractive vegetable is in the many pumpkin desserts and other dishes that we've learned to make," said Linda Cornell, Oakland County home economist.

To buy, select a pumpkin that is heavy for its size. The rind should be smooth and free from spots or discolorations. Very large pumpkins often have stringy, coarse flesh and are less sweet. Pumpkins will keep two or three months if stored at 50 degrees with a 70 percent humidity.

To prepare, halve, remove seeds and stringy portion. Carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Seeds can be oven dried at 150 degrees for one to two hours. Stir frequently to prevent scorching. Roast dried pumpkin seeds by tossing them lightly with oil and salt and placing them in a preheated oven at 250 degrees

for 10 to 15 minutes.

To cook pumpkin in water, cut halves into small pieces, then pare, add pumpkin to small amount of boiling water and cover. Simmer gently for 25 to 30 minutes or until tender. Drain well and put through sieve or blender.

To bake, cut pumpkin in halves or quarters and remove seeds. Place cut side down in a shallow pan and bake in 350-degree oven for one hour until pumpkin becomes tender and begins to fall apart. When cool enough to handle, scrape the pulp from the shell and put through a sieve or blender.

To freeze, cook and pack into airtight freezer jars or freezer containers leaving one-half-inch head space. Seal and freeze. 1 1/4 to 2 cups pumpkin will make one 9-inch pie.

To serve pumpkin as a vegetable, season with butter, salt and pepper. For a dessert, use in pies, tarts, cakes, cookies or breads.

For other information, contact the Food Preservation Food Safety Hotline, 858-0904, Oakland County Cooperative Extension Service, 858-0904.

Musicians awarded

Mary Cardecia and Trevor Berg both are recipients of a "Special Citation for Outstanding Musicianship." The Harrison High students took their citations from Mark Phillips, their band director, for their performances during the Montreux Jazz Festival.

Cardecia is a pianist and Berg plays drums in the school's jazz band. Only two high school bands were invited to play at Montreux this year. This was the second consecutive year Harrison Jazz Band was invited.



Mike Thornton

Travel films shown

Farmington Hills and the Plymouth Kiwanis Club have joined as sponsors of this season's six-part Travel and Adventure Film Series. All of the programs begin at 8 p.m. Wednesdays, beginning Oct. 28 in Plymouth Salem High School. Season tickets are \$14 if bought before Oct. 28. Checks are to be made payable to Farmington Hills Kiwanis Club and mailed to 21136 E.

Glen Haven, Northville 48167. Inquiries are taken by Bert Nielsen, 348-6424.

The series begins with "Antique Trains of Europe," narrated by Ken Lawrence. The series continues with "Amazing New Zealand," "By Rail and Ship down the Amazon," "Germany" and "Hunza Kingdom of Longevity."

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.

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