

## Holiday Greetings

Linda and Ken Rainford are in rehearsal now for "Holiday Greetings," the seventh annual Christmas concert staged by Farmington Community Chorus, at 8 p.m. Friday and Saturday, Dec. 11-12 in Harrison High School's auditorium. The two are among the 75 voices on the playbill that lists solos, duets, ensembles and production numbers for the yuletide entertainment. A part for "The Parade of the Wooden Soldiers" is the message from the insiders. Tickets are \$3.50, \$2.50 for seniors and students, at the door.



## Fashions on parade

Leah Marks, who has given new meaning to the words "fashion show," stages her "Productions by Leah" in Southfield's Radisson Plaza Hotel Town Center from now through Christmas.

From 5-7 p.m. every Tuesday in the hotel lounge, the fashions will

come from John Darakjian Jewelry. David R Classic Man and Ray Nida. From 5-7 p.m. every Friday, the fashions will come from John Darakjian Jewelry, David R Classic Man and Irina. The showing of lingerie will come from Absolute Joy. The Radisson is on Northwestern Highway, south of 10 Mile.

IT'S INTERESTING  
IT'S EXCITING  
IT'S STREET SCENE  
Read it every Monday

## Snacking is not all bad

By design or default, the snacking habit is a very real part of the American pattern of life. The sociability and satisfaction derived from coffee breaks, TV nibbles or preschool snacks all point to the fact that a fullmeal eating plan is desired and here to stay.

"Many people associate snacking with eating high-calorie, low nutrient foods," said Linda Cornell,

Oakland County Home Economist. For about 20 percent of us, snacks provide 20 percent of the day's caloric and other nutritional needs. Even teens benefit from snacking. Their snack choices were found to be high in vitamins A and C, calcium and magnesium. Some of the foods that adolescents chose regularly were frozen fruit bars, yogurt and chocolate sandwich cookies and milk.

One of the peak snacking times for many children is immediately after school. With planning, parents can assure that a variety of foods that are high in nutrients are available for snacking. Try making snacks with your children such as merry-go-rounds (apple slices spread with peanut butter), or nuts and bolts (unsugared cereal, peanuts and pretzel sticks heated together with butter, soy sauce and garlic salt).

Try to avoid eating sweets for snacks. Remember that foods aren't good or bad by themselves. A few cookies taste great with a glass of milk, and an occasional chip is not going to harm an otherwise balanced diet.

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

## new voices

ROGER AND LINDA (SCHWARTZ) WINKELMAN announce the birth of their daughter Jaclyn Beth, born Oct. 17.

The infant's grandparents are Irene and Marius M. Schwartz of Southfield and Peggy and Stanley Winkelman of Bloomfield Hills. Her great grandmother is Eve Wallace of Bloomfield Hills.

Jaclyn Beth is named in loving memory of Bernard Aubremont. Her Hebrew name, Chava, is given in loving memory of her maternal great aunt, Eva Weiss.

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## chalkboard

Chalkboard lists events that will take place in Farmington Public Schools through the week. The calendar is compiled by Paul Barber, the schools' coordinator, who can be reached at 471-6441.

date	school	event	time	location	fee
Dec. 4	All	Inservice: Dr. Sylvia Rimm	9 a.m.	FHS Aud.	free
Dec. 4	Beechview	Holiday Workshop	All Day	School	free
Dec. 4	East	Winter Dance	3 p.m.	Gym	charge
Dec. 5	Gill	Christmas Bazaar	10-4	School	free
Dec. 5	Longacre	Holiday Secret Shop	10 a.m.	Gym	free
Dec. 6	Oakway Symp.	Nutcracker	3 p.m.	HHS	\$8.50
Dec. 7	East	6th Grade Parent Preview	1:20 p.m.	School	free
Dec. 7	Employees	AppleWorks: Data Base	4 p.m.	NFHS Rm 217	free
Dec. 7	Forest	Funz-A-Rama	All Day	School	free
Dec. 7	Gill	PTA General Meeting	7:30 p.m.	Media	free
Dec. 8	Employees	ITIP Phase 1-B	8:30 a.m.	DMC	free
Dec. 8	Forest	Funz-A-Rama	All Day	School	free
Dec. 9	Forest	Funz-A-Rama	AM only	School	free
Dec. 9	Longacre	PTA Executive Meeting	7:30 p.m.	Media	free
Dec. 9	Staff	Cooperative Learning Groups	8:30 a.m.	DMC	free
Dec. 9	Teachers 1-8	Strategies in Math	4 p.m.	DMC	free
Dec. 9	Wooddale	Winter Wonderland Concert	9:30 a.m.	Gym	free
Dec. 10	Read	TV Tips for Parents		Observer	free
Dec. 10	Dunckel	Combined Winter Concert	7:30 p.m.	Gym	\$1
Dec. 10	FHS	Holiday Concert	8 p.m.	Aud/Cafe	\$1.50
Dec. 10	HHS	Combined Winter Concert	7:30 p.m.	Aud.	\$1.50
Dec. 10	WoodCreek	Living Science	All Day	School	free

# TAKE US HOME FOR THE HOLIDAYS.

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GORMAN'S OWN - Traditional camelback sofa/blue mini print  
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\$840 now \$399

SOFAS - 18 from our contemporary Southfield store  
\$1,295 - \$2,499 now \$758-\$1,255

### BEDROOMS

LANE - 6 piece contemporary/burl wood dresser, mirror, 2 nightstands, headboard, armoire  
\$2,764 now \$1,894

HENREDON - 5 piece contemporary oak/dresser, mirror, nightstand, headboard, armoire  
\$3,324 now \$1,799

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KARPEN - Traditional rolled arm, tight back/blue mini print  
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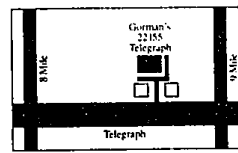
KARPEN - Twin-size blue textured Herculon  
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