

Waterman-Arnold

Mr. and Mrs. Wado Waterman of Farmington Hills announce the engagement of their daughter, Jill Susan, to Mark David Arnold, son of Mr. and Mrs. Ron Arnold of Costa Mesa, Calif.

The bride-to-be is a graduate of Farmington High School and Pepperdine University. Her fiancé is a graduate of Costa Mesa High School and Pepperdine University, employed with Touche-Ross in Los Angeles.

A May 1988 wedding is planned in First Baptist Church of Northville.

Carlson-Loyer



is. He is employed as a senior system design engineer with Arndahl Corp. in Sunnyvale, Calif.

The couple received guests in Roma's of Bloomfield.

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

It's quick. It's easy. And it's the law.

Some help to stay slim through the festivities

The holidays do not last five or six weeks. It is really only two or three hours, says Florio Mark, area director of the WWJ Group Inc., the largest franchise of Weight Watchers International.

"Christmas dinner, a Chanuka party, New Year's dinner and the big office party dinner each only last about an hour. Take meals one at a time, each day as it comes," she suggests.

Mark offers these additional tips to stay slim over through the festive weeks ahead:

- Give yourself the freedom and responsibility to eat what you want, but practice saying "No" ahead of time.
- "I always say to myself, 'Hey, Florio, you can eat anything you want

to. It's your choice.' Then I go to those parties with all these tempting foods and say 'I don't even want it today. Maybe tomorrow, but maybe not. It's my choice,'" Mark says.

- Relax during the holidays and don't think of yourself as perfect. If you find yourself hurried or rushed, take time for yourself. Get adequate rest, don't overdo. Stress often triggers overeating.
- Increase your exercise somewhat over the holidays to burn off the extra calories you may consume.
- On days you won't be attending large meals or parties, eat sensibly — fresh fruits and vegetables, chicken and fish, low-fat or skim milk, yogurt.
- At parties, ask for Perrier or sodium-free seltzer water (Canada

dry) in a wine glass or champagne flute. Garnish it with a slice of lemon or lime. Water is good for you and this kind of drink looks like an alcoholic beverage, others will think you are cocktail.

- Avoid alcoholic beverages. Alcohol involves inhibitions and discipline. Mark warns, "Alcohol stimulates your appetite, and believe me, mine doesn't need stimulating. One drink will lead to a second, then you'll say 'Oh, what the heck. I'll go back on my diet tomorrow,' and then you'll find yourself at the food table." Avoiding alcohol has an additional advantage; your friends can't rest assured that someone is able to drive.
- If you absolutely can't resist a

Clogging classes open

The Main Street Cloggers offer beginners class in the traditional American dance Monday evenings beginning Jan. 4.

"Clogging is easy to learn. The class is family oriented and an excellent form of exercise," said Linda Summers, who will take calls from anyone interested at 261-7958.

Art and design classes set

Gemini School of Art and Design in Southfield is registering for the winter 1988 semester beginning Jan. 4. Programs are offered in commercial and freehand airbrushing, keylining, pasteup, advertising layout and design, industrial graphics and ornamentation.

Call 443-9000 to register or to receive more information.

around Farmington

All announcements for this column must be mailed to **Around Farmington**, Farmington Observer, 32203 Grand River, Farmington 48024. Deadline is noon Monday for the Thursday publication and noon Thursday for the Monday publication. Requests for announcements will not be taken by telephone.

- **BLOOD DRIVE**
Monday, Dec. 21: Farmington Public School and American Red Cross are hosting an employee and community blood drive 1-7 p.m. in Ten Mile School, 10 Mile between Farmington and Power Road. To schedule an appointment, call Gert LeFeure at 477-1300.
- **CAROLLING PARTY**
Monday, Dec. 21: Carolling Party begins at 6:15 p.m. from Farmington

Branch Library, 23500 Liberty, and returns to the library for hot cocoa. Carollers are asked to bring a flashlight and cookies to pool for sampling.

- **HIGH SCHOOL COMPLETION**
Monday, Jan. 4: Registrations taken for free high school completion classes from 8:30 a.m. to 4 p.m. daily, 7-9 p.m. Monday through Thursday, in Highmeadow Community School, 30175 Highmeadow, through Jan. 28. Inquiries taken by calling the school, 626-5692.
- **FRUIT SALE**
Monday to Friday, Jan. 4-8: Sale of oranges and grapefruit sold by the case or half-case sponsored by Farmington Hills Seventh Day Adventist School. Orders taken by calling the church office, 474-6028. Pick up date is Jan. 17.

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- **GED PREP**
Monday, Jan. 4: Registrations for free GED prep classes to help participants prepare for the General Educational Development tests, taken through Jan. 28 in Highmeadow Community School, 30175 Highmeadow, Farmington Hills. Office hours are from 8 a.m. to 4 p.m. daily, and 7-9 p.m. Monday through Thursday. Inquiries taken by calling the school, 626-5692.
- **INFANT-CARE CPR**
Friday, Jan. 4: Infant and Child CPR (Cardiopulmonary Resuscitation) taught at 7 p.m. in Bostford Hospital. Fee is \$5. Pre-registration is necessary, made by calling the hospital, 471-8090.

IGRA
24065 ORCHARD LAKE RD.
Mon. thru Sat. 8-9; Sun. 9-5

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AT IGA - WE REALLY CARE
PRICE - QUALITY - SERVICE

DOUBLE COUPON
ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. OTHER RETAILERS DO NOT DOUBLE AFTER 50¢. EXAMPLE: A 75¢ COUPON AT OTHER STORES IS WORTH ONLY 75¢. AT ORCHARD-10, A 75¢ COUPON IS WORTH ONLY \$1.00. AT OTHER STORES, A \$1.00 COUPON IS WORTH ONLY \$1.25. AT ORCHARD-10 A DOLLAR COUPON IS WORTH \$1.50. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. All cigarette coupons at face value. Offer in effect now through Sunday, December 27, 1987.

Get Attention With Merry Savings!

FAME GRADE A Turkeys 16 lbs. & up **.69 lb.**

Golden Prairie Whole Boneless Flat Hams **1.89 lb.** Save .60 lb.

Produce

California Premium Seedless Navel oranges 10 lb. bag **2.99**

Red or Golden Delicious Apples **.49 lb.**

Cucumbers or Green Onions... **4 for 1.00**

Check Our In-Store Specials!

IGRA BONUS COUPON

Quarters FAME Butter **1.69**

Limit 1 + 1 to 1 per customer. Save 20¢. Coupon expires Sunday, December 27, 1987.

IGA Tablerite Beef Loin Sirloin Steaks **1.99 lb.** Save 1.00 lb.

T-Bone or Porterhouse Steaks **3.19 lb.**

Bakery

White or Whole Wheat Oven Fresh Brown & Serve Rolls **.49** 12 ct. pkg.

Golden White Buttered Split Top Bread **.89**

CA 1/2 lb. loaf Natural Grain Bread **.89**

IGRA BONUS COUPON

Maxwell House Coffee **5.99**

Limit 1 + 1 to 1 per customer. Save 1.00. Coupon expires Sunday, December 27, 1987.

Fresh Turkeys Order Early

Kowalski Honey Glazed Spiral Hams **2.99 lb.**

Fresh Oysters Paul Bunyan Hams

Fruit Baskets

Plan now for Christmas Giving... Fruit baskets make perfect Christmas gifts.

IGRA BONUS COUPON

Freshlike Corn **3.100**

Limit 1 + 1 to 1 per customer. Save 1.00. Coupon expires Sunday, December 27, 1987.

IGA Tablerite Whole New York Strip Loins **2.49 lb.**

Trimmed Beef Tenderloin Cut & Wrapped Free **3.89 lb.**

Dairy

Blue Bonnet Margarine **.39** 1 lb. pkg.

Frozen Foods

Minute Maid Orange Juice **.99** 10-11 oz. can

IGA Tablerite Breakfast Link Sausage **1.69 lb.**

Farmer Peet Repeater Sliced Bacon Low Salt or Regular **1.69** 1 lb. pkg.

Minute Maid Orange Juice **.89** 1 lb. pkg.

FAME Milk **.89**

Minute Maid Orange Juice **1.79**

Minute Maid Orange Juice **.99** 10-11 oz. can

Premium Ice Cream **1.99**

Ore Ida Tater Tots **1.49**

IGA COUPON

FAME Apple Juice **.99** 1 lb. 16.5 oz. can

Limit one coupon per family. Coupon expires Sunday, December 27, 1987.

IGA COUPON

Carnation Milk **.49** 1 lb. 16.5 oz. can

Limit one coupon per family. Coupon expires Sunday, December 27, 1987.

IGA COUPON

Kibbles-N-Bits N-Bits **1.00** 10 oz. can

Limit one coupon per family. Coupon expires Sunday, December 27, 1987.

US SAVINGS BONDS 1-800-US-BONDS

Pepsi Cola, Diet or Regular, Pepsi Free, Caffeine Free, Mountain Dew or Slice 8 pack 1/2 liter **1.89 + dep.**

AMERICAN CENTER CAFETERIA IS OPEN FOR DINNER 5 p.m.-8 p.m. Monday-Friday GREAT FOOD! MODERATE PRICES! Senior Citizen Discount

American Center Building 27777 Franklin Rd. Southfield 353-8170 Enter Under Red Canopy

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US SAVINGS BONDS 1-800-US-BONDS