

## club circuit

**TOASTMASTERS**, Windbaggers Chapter, meet at 5:45 p.m. every Thursday in Syden House, 31500 Grand River. People interested in learning how to attain better speaking, presentation and listening skills are invited to contact Pat Herrel, 827-4670, Ext. 310.

## Heart Association celebrates 40 years

The American Heart Association of Michigan is celebrating its 40th anniversary.

During the last 40 years, the death rate from heart attack has dropped 34 percent; from congenital heart defects 41 percent and from stroke 60 percent.

In the last 10 years, there has been a 30 percent reduction in death and disability due to heart disease in the United States.

Despite this, heart disease remains the number one killer in the U.S.

The American Heart Association elicits the following heart attack warning signals to better educate the public:

- During a heart attack, the body usually sends out warning signals that the heart is starving for oxygen.
  - An uncomfortable pressure, fullness, squeezing or pain in the center of the chest for more than two minutes is one signal.
  - Chest pain that spreads to the shoulders, neck or arms is another.
  - Dizziness, fainting, sweating, nausea or shortness of breath may also occur.
  - Sometimes the signals may subside, only to return later.
- Remember that each year,



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### GETTING TO KNOW YOU

WELCOMING NEWCOMERS NATIONWIDE  
To become a sponsor, call (800) 645-6376  
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## THE TOWNSEND HOTEL BRIDAL SHOW



**SUNDAY, MARCH 12, 1989**  
**2 SHOWS: 1:00 pm & 4:00 pm**  
Enjoy Champagne, Punch and Hors d'Oeuvres Upon Arrival  
Fashion Show Will Feature Gowns for the Bride, Attendants and Mother of the Bride  
Preview The Townsend's Elegant Salons for Private Dining up to 250 Guests and Parties Accommodating up to 400  
Select from Bridal Bouquets, Arrangements and Decorations from Shirley Marley of The Townsend Hotel  
Sample Wedding Cakes from The Townsend's Celebrated Pastry Chef, Don Palmer  
Gift Drawings for Our Lucky Brides

PRESENTED WITH SUE GORDON BRIDAL SALON

10 Per Person  
Reservations Suggested. Limited Seating Available.  
RSVP by Calling (313) 642-7900

**The Townsend Hotel**

ONE HUNDRED TOWNSEND STREET, BIRMINGHAM, ALABAMA 35203

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.

**WESTSIDE SINGLES** dance 8 p.m. to 2 a.m. Friday, March 10, in the Bonita of Livonia. Schoolcraft service drive west of Intersect Road. Hot line number is 562-3160. Admission, \$3.

**WESTSIDE SINGLES II** dance Friday, March 10, to a live band and DJ in the Livonia Elks, Plymouth Road east of Merriman. Ages 21 and up. No jeans. Hot line: 562-3170.

**TRIF SINGLES** dance 8:30 p.m. to 1:30 a.m. Friday, March 10, in the Airport Hilton, 1-94 at Merriman, Romulus. Admission \$4; 12 before 9:30 p.m. 21 and up. No jeans. Hot line: 843-8910.

**TRI-COUNTY SINGLES** dance party 8:30 p.m. to 1:30 a.m. Saturday, March 11, in the Monaghan K of C Hall, 19901 Farmington Road between Seven and Eight Mile. Admission \$4.

**BBT SUBURBAN SINGLES** host a get-aquainted singles dance party 8 p.m. to 1:30 a.m. Saturday, March 11, in the Troy Hilton Inn, Stephen Highway at Maple Road. Admission \$3. 21 and up. Hob Gumbler provides the music. Hot line: 649-4184.

**FARMINGTON OWL** celebrates Women's History Month on Saturday, March 11, at the Farmington Hills Library, 32737 West 12 Mile. Lunch at noon. Grace Stewart discusses Mary Chase Stratton, founder of Pewabic Pottery, and shows slides of her work. Admission \$12.50. For reservations, call 474-3094. Open to the public.

**ART ON THE RIDGE**, an association of students and community friends interested in perfecting their skills in figure drawing and painting, meets 10 a.m. to 1 p.m. in Building L, Room 203, Oakland Community College Orchard Ridge campus. Admission \$3 for OCC students, \$4 for others. Group meets the second and fourth Saturdays of the month.

**WOMEN'S AGLOW Fellowship**, Farmington Chapter, meets at 7 p.m. Monday, March 13, in the Farmington Hills Library, 32737 West 12 Mile, between Orchard Lake Road and Farmington Road. Door opens at 6:30 p.m. Sharon Maloney, a pastor's wife from Farmington Hills, will speak.

**SALVATION ARMY AUXILIARY** meets at 10 a.m. Monday, March 13, in the Royal Oak Citadel, 3052 North Main, south of 13 Mile, Royal Oak.

**NATIONAL SOCIETY DAUGHTERS OF THE AMERICAN REVOLUTION**, Three Flags Chapter, conducts a business meeting and program after a noon dessert Monday, March 13, in the home of Mrs. George Nordahl of Birmingham. Mrs. Morton Pearson of Birmingham is co-hostess. Plans will be made for attending the April Michigan DAR Awards Day in East Lansing and Continental Congress April 17-21 in Washington, D.C. The program correlates the designs and fads in women's shoes with the 99-year history of the DAR. Mrs. B. Thomas Weyhing III of Grosse Pointe Farms, a member of the national DAR speakers' staff, will speak.

**QUAKERTOWN CHAPTER** Daughters of the American Revolution meets for a sandwich luncheon at 11:30 a.m. Tuesday, March 14, in the home of Rebecca Davis in Farmington Hills. The program on DAR insignia will be presented by Regent Jackie Lee of Wixom. Reservations

taken by Becky Davis at 477-3956 or her co-hostess, Harriet Schmidt, 649-5015.

**THE NORTH FARMINGTON GARDEN CLUB** meets at noon Tuesday, March 14, in the Farmington Hills Library. Gale Weisman speaks on trimming and pruning. Guests welcome. Reservations should be made by calling Doris Kuhn at 682-9336. The club is affiliated with the Federated Garden Clubs of Michigan.

**BUSINESS AND PROFESSIONAL WOMEN** meet at 6 p.m. Tuesday, March 14, in O'Sheehan's Restaurant, Grand River at Drake Road, Farmington. For details, call Betty Brown, 522-4484.

**B'NAI B'RITH WOMEN**, Henry Morgenthau Chapter, meet at noon Wednesday, March 15, in Knob-In-The-Woods Clubhouse. Yefet Ostry will speak on politics in Israel, the election outcome and implications. Luncheon by reservation only. There is a charge for members and guests. For reservations call by Sunday, March 12: Friedel Davis, 354-0592; Lucy Block, 557-9590; Lil Meyers, 855-3894.

**FARMINGTON NEIGHBORS CLUB** meets for luncheon Wednesday, March 15, in Glen Oaks Country Club. Bill Bonds, WXYZ-TV news anchor, is the guest speaker. He is donating his honorarium to Focus/HOPE. Reservations are due by Friday, March 10. Call Josephine Farrington, 476-3711 or Dorothy Kraft, 553-7226.

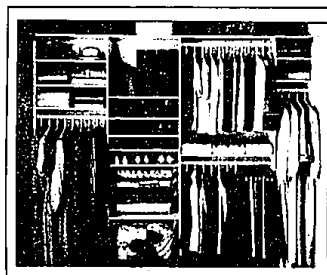
AMERICAN ASSOCIATION OF

**UNIVERSITY WOMEN** conducts its annual Legislative Day on Wednesday, March 15, at the Radisson Hotel, Lansing. The Farmington branch meets at 7:45 p.m. Wednesday, March 15, in the Farmington Library, State at Liberty. State representative and branch member Jan Dolan speaks on legislation concerning educational issues. AAUW is open to all people who hold at least a bachelor's degree from an accredited college or university. For details, call JoAnn Cline, 553-3686.

**GREATERT DETROIT CHAMBER OF COMMERCE** After Business, Ours meets 5-7:30 p.m. Wednesday, March 15, in the Radisson Plaza Hotel, 1500 Town Center, Southfield. Admission for members is \$5; non members, \$10. To register, call the chamber at 964-4000, Ext. 279.

**FARMINGTON/FARMINGTON HILLS WELCOME WAGON** meets at 7:30 p.m. Thursday, March 16, in the Body Shop, 24275 Middlebelt, Farmington Hills. Women who are new to the area and are interested in club membership are welcome to join the general membership in a tour of the fitness facility. Dr. Colleen Sundermeyer, staff nutritionist, will speak. Wear workout clothes. For details, call Welcome Wagon program coordinator Lynette Nelson, 851-2876.

All club news and announcements for this column are to be addressed to Club Circuit, Farmington Observer, 32303 Grand River, Farmington 48024. The information must arrive before noon on the Monday before Thursday publication.



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## MARCH MERRIMENT

A SPRING ARTS & CRAFTS SHOW  
Saturday, March 18  
10:00-1:00  
West Maple Middle School  
Inkster Rd. at Maple, Blum.  
Admission \$1.00  
Sponsored by Walnut Lake Community Education

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### OPEN HOUSE

- Saturday, March 11 — 10:30 a.m.-12:00 p.m.
- and
- Thursday, March 16 — 9:00-11:00 a.m.

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