

## club circuit

**FARMINGTON PROFESSIONAL WOMEN'S NETWORK** has installed Ann Lawrence, resident branch manager for Kelly Services in Southfield, as its president for the coming term. The group's new secretary is Kathy Semack-Laux. Its new treasurer is Mary Grauer.

The network meets for breakfast once a month in The Community Center.

**HILL AND DALE GARDEN CLUB** will install Jean Moran as its president in ceremonies that begin at 7 tonight in The Community Center, 24705 Farmington Road. Moran's vice presidents are Donna Webber, Mary Ann Koroly and Jeanne Gundie.

Other incoming officers are Jane Szczepkowski, Sally Ouellete and Sandra Donlon.

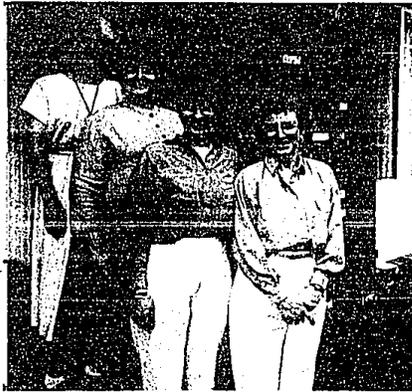
A preview of next year's special projects and announcements of awards received from Federated Garden Clubs of Michigan at its state convention will be followed by a reception to celebrate the club's accomplishments.

**WESTSIDE SINGLES** meet for a dance party at 8 p.m. Friday in Roma's of Livonia, on Schoolcraft Service Drive west of Inkster Road. Admission is \$4 at the door. The singles' hotline is 562-3160.

**BETHANY NORTHWEST**, a Christian organization for separated, divorced and widowed persons, meets at 8 p.m. Friday in Our Lady of Sorrows Church social hall, 23815 Powers Road. Speaker for the evening is a representative of American Lung Association whose program will be followed by an ice cream social.

Inquiries are taken by the group's vice president, 553-0856.

**TRI-COUNTY SINGLES AND ENTERTAINMENT** meet for a



Hill and Dale Garden Club officers who will be installed tonight are Sandra Donlon (at left), Jean Moran, Donna Webber and Jeanne Gundie. Moran is the group's new president.

dance party at 8:30 p.m. Saturday in Knights of Columbus Hall, 19801 Farmington Road, Livonia. Open to singles over the age of 21. Admission is \$4 at the door. The hotline number is 842-7422.

**MICHIGAN AMPUTEE FOUNDATION SUPPORT GROUP** meets at 7 p.m. Tuesday, June 13 in the Farmington Hills home of Beverly Cornell, 31917 Wayburn Drive. All inquiries are taken by Cornell at 553-8974.

**NORTH FARMINGTON GARDEN CLUB** meets at noon Tuesday, June 13 in Farmington Hills Branch

and professional guitarists who are encouraged to perform at meetings along with a featured artist or ensemble.

The group provides a forum for guitarists, or whose who appreciate the guitar, to gather in a salon-like atmosphere. It also sponsors a yearly concert-recital series.

Inquiries are taken by Chuck Johnson, 538-7049.

**FARMINGTON BUSINESS AND PROFESSIONAL WOMEN'S CLUB** meets at 6:30 p.m. Tuesday, June 13 in O'Shea's Restaurant, Drake Road and Grand River.

Inquiries are taken by Karen Lippanen, 473-0512.

**FARMINGTON AMATEUR RADIO CLUB** meets Wednesday, June 14, in Farmington Hills Fire Station, Independence and Wheeler Street.

Meetings, on the second Wednesday of every month, consist of a short business session, speakers, and movies of interest to all amateur radio operators.

Persons who have an interest in radio communication are welcome to the meetings. Inquiries are taken by Stefan Karadian, the club president, 851-1857.

**FARMINGTON NEIGHBORS CLUB** meet for luncheon and its annual BINGO games at noon Wednesday, June 21 in Glen Oaks Country Club.

Reservations must be made on or before Friday, June 16 with Josephine Farrington, 478-3711 or Dorothy Kraft, 553-7225.

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.

## Loving your body

By Dr. Colleen Sundermeyer  
special writer

Your body has been taking care of you for years. During good times and bad, in sickness and in health. Does this sound a little like a relationship? Well it should. Having a loving and caring relationship with your body is essential to keeping a healthy body weight.

Do you feel your body has let you down? Many people feel this way because they have been struggling for years to shed fat which has settled on their thighs. This feeling usually leads to developing an unhealthy relationship with your body. As you angrily fight and struggle with your body, you make no progress. Instead, communicate with your body and find out why this extra fat has materialized on your thighs.

Your body has not let you down. It is just changing and adjusting to how you have changed your life style and aren't even aware you did. Your body is telling you that you have changed and need to care more for yourself. Listen to what your body is telling you. Don't fight it.

If YOU fight with your body by severely dieting, your body just like a good friend is going to fight back. Think about it. When you fight with a friend you are not really communicating and working together to overcome the problem.

If you feel angry with your body

here are a few things you can do to gently convince your body to shed excess pounds.

First begin by thinking that you want to change. Stop punishing your body by thinking you have to change, because you are unattractive and hate your body. Instead you must think, I want to change and care for my body because I care about myself and my health, and I will love my body even more when it needs special care.

You certainly wouldn't think of kicking a friend when they are feeling down, but you would try to comfort them by letting them know that you care. Loving your body means caring more and listen to your body, when you are trying to shed fat.

Don't just get angry and tune out your body by starting your usual diet routine. Your body will just fight back. Love your body and it will love you back, by providing you with the changes you want. Push your body, and it will push right back.

Developing a healthy relationship with your body ensures that the anger or emotional weight is lost. If emotional weight is not lost you can be thin but still be unhappy with the mirror image. Emotional weight then builds as your anger turns to anxiety and then depression.

Emotional weight must be lost along with physical weight. A person who is anorexic feels heavy and their heaviness is in their minds in the form of emotional weight.

## Seniors pageant planned

The Ms. Senior Michigan Pageant Inc. is accepting applications from qualified contestants who wish to compete for the Ms. Senior Michigan 1990 crown. Applicants must be age 60 or older by October 5, 1989, and a Michigan resident. The deadline for receipt of applications is 4 p.m., July 7, 1989.

The preliminaries for this annual statewide competition are scheduled

for Aug. 8 in Rochester. Contestants for the Ms. Senior Michigan title are judged in talent, evening gown, philosophy of life interview and inner beauty.

Semifinalists will be selected to compete at the Ms. Senior Michigan Pageant Oct. 5 in Macomb Center for the Performing Arts, Clinton Township. Call 656-1403 for applications.

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