

around Farmington

All announcements for this column must be mailed to Around Farmington, Farmington Observer, 33203 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 over the phone.

PERFECT WEDDING

Thursday, June 15: "How to Plan a Perfect Wedding," bridal seminar and fashion show at 7 p.m. in Jacobson's, Livonia. No charge, but reservations are necessary. Call the store, 591-7696, Ext. 233.

BONSAI CUTTING

Thursday, June 15: The art of bonsai cutting demonstrated at 1 p.m. as part of the grand opening of Kyoto Japanese Steakhouse, Haggerty and Eight Mile Road. Complimentary tea and desserts. Discounts for those with luncheon reservations, made by calling the steakhouse, 348-7800.

GARAGE SALE

Saturday, June 17: Garage sale sponsored by Camelot Court Subdivision from 9 a.m. to 5 p.m. The subdivision is on the corner of 11 Mile and Inkster Road.

ZONJIC

Sunday, June 18: Jazz and pop flutist Alexander Zonjic in first concert of Summer Music Festival Series at 7 p.m. in the amphitheater on the grounds of The Community Center. Tickets are \$10, reserved by calling the center, 477-8404. The concert is brought in part by the Michigan Council for the Arts.

PHOBIAS

Monday, June 19: Judith Bordnick talks about "Phobias, Fears, Anxiety and Panic Attacks" at 7 p.m. in the Farmington Branch Library, 23500 Liberty St. No charge, but reservations are necessary. Call the library, 474-7770.

SCIENCE AND NATURE

Monday-Thursday, June 19-22: Science and Nature Camp for 6-12-year-olds from 9 a.m. to 3 p.m. each day in The Community Center. Camp led by members of Living Science Foundation. Cost is \$180. Reservations taken by calling the center, 477-8404.

ROUND-UP

Monday-Thursday, June 19-22: "Round-Up" with pony rides, field games, crafts and Bible stories for children 2½ to 12 years of age from 7-9 p.m. each day in First Church of the Nazarene, 21260 Highway Road. Inquiries taken by calling the church office, 348-7600.

SUMMER ARTS

Monday, June 19: Summer Arts program begins on Orchard Ridge Campus, Oakland Community College, and continues through July 7. For inquiries and registration information, call the college, 471-7700. Second session for the summer begins July 10; third session begins July 31.

AUDITION CALL

Monday-Tuesday, June 19-20: Auditions 10:30 a.m. to 3:30 p.m. each day for "West Side Story," 3:30-6 p.m. for "The Lion in Winter" and 7-9:30 p.m. for "5-4-7-8 Dance" in Smith Theatre, Orchard Ridge Campus, Oakland Community College, 1-

696 and Orchard Lake Road. Inquiries taken by calling the theater, 471-7700.

MICHIGAN TRAVEL

Monday, June 19: "Michigan Travel Planning," tips and trips to take for the day or overnight told by travel writer Doris Scharfenberg at 7 p.m. in The Community Center. Reservations are \$8 each, made by calling the center, 477-8404.

SENIOR HOUSING

Tuesday, June 20: "Trends in Senior Housing," talk by Cardinal Retirement Village administrator David Miller about housing options for senior adults, at 7:30 p.m. in Farmington Hills Branch Library, 32737 12 Mile. No charge. Reservations are requested by calling the library, 553-0300.

CARD PARTY

Tuesday, June 20: Spring Card Party 2-4 p.m. sponsored by board of directors and guild for Marian, Oakland-West, in the senior citizen complex at 22520 10 Mile. Donation is \$3 at the door.

GEORGIA O'KEEFE

Tuesday, June 20: "Georgia O'Keefe: The Artist and Her Art," program led by Nancy Mann Cohen at 7 p.m. in The Community Center. Reservations are \$8, taken by calling the center, 477-8404.

MAGIC WORKSHOP

Tuesday, June 20: "Magic Workshop," for second to fifth graders who will learn six magic tricks from Daryl Hurst 10:30 a.m. to noon in The Community Center. Fee is \$18. Reservations taken by calling the center, 477-8404.

SINGLE PARENT

Tuesday, June 20: Single Parent-Child Relationships, talk by psychologist Barbara Lewis at 7 p.m. in The Community Center. Reservations \$10, taken by calling the center, 477-8404.

JOB FAIR

Wednesday, June 21: Older Worker

Job Fair for people 50 and older who are seeking work, 9 a.m. to 3 p.m. in the Michigan Inn Southfield. Free admission. Event sponsored by Project ABLE in cooperation with Southeast Michigan Older Worker Coordinating Committee.

DANCE RECITAL

Thursday, June 22: Students of Barbara Hatch School of Dance annual recital at 7 p.m. in Clarenceville High School, Middlebelt Road north of Seven Mile. Tickets are \$4.50 at the door.

THINK TRIM

Thursday, June 22: "Think Trim," all day workshop teaching positive changes in lifestyle that affect eating habits, 9 a.m. to 4:30 p.m. in The Community Center. Fee is \$40. Reservations taken by calling the center, 477-8404.

CANOE EXPEDITION

Friday, June 23: "Two Continent Canoe Expedition," slide show narrated by Verlen Kreuger, who took the 21,000-mile voyage with his wife between 1986-89, at 8 p.m. in Farmington Hills City Council Chambers, 31555 11 Mile. Admission is \$5 at the door.

TIMING INVESTMENTS

Saturday and Wednesday, June 24 and 28: "Timing Your Investment Opportunities," talk by Steven Zimberg at 9:30 a.m. Saturday and 7 p.m. Wednesday in The Community Center. Reservations \$8 each taken by calling the center, 477-8404.

MIDSUMMER FESTIVAL

Sunday, June 25: Midsummer Festival sponsored by The Swedish Club, with folk dancing, ethnic music, crafts, imports, baked goods, and deli foods, begins with a pancake breakfast at 10 a.m. on the corner of Freedom and Ruth. Swedish meatballs diners served 3:30-5 p.m. No admission to the grounds.

BATMAN

Sunday, June 25: "Batman," shown as a benefit for Birmingham

Temple, begins at 5:45 p.m. after a catered pre-glow in Old Orchard Theatre. Contest for best costume, plus door prizes. Tickets at \$20 available by calling the temple, 477-1410.

VACATION CHURCH SCHOOL

Monday through Friday, June 26-30: Vacation Church School 9:30 a.m. to noon in First Presbyterian Church of Farmington, 26165 Farmington Road. Open to preschoolers through fifth grade who must pre-register by calling the church office, 474-6170. Theme for the week in stories, songs, games, crafts and prayer is "Jesus Christ, Giver of New Life."

AIR AND SPACE CAMP

Monday through Friday, June 26-30: Air and Space Camp for 7-11 year olds 9 a.m. to 3 p.m. each day in The Community Center, Farmington Road north of 10 Mile. Fee is \$189 per child, payable with registration in the center. Camp operated by Living Science Foundation staff.

YOUR TOWN-MY TOWN

Monday, June 26: "Your Town-My Town," talk by Ruth Moehlman, author of "If the Walls Could Talk," tells of the history of Farmington and Farmington Hills at 7 p.m. in The Community Center. Reservations are \$6, taken by calling the center, 477-8404.

COMMISSION ON AGING

Tuesday, June 27: Farmington Area Commission on Aging meets at 7:30 p.m. in Farmington Hills City Hall, 11 Mile and Orchard Lake Road. Open to the public.

TYNDAL OPEN HOUSE

Tuesday, June 27: Open House 6:30-9:30 p.m. in William Tyndale College, 35700 12 Mile Road. Evening designed for prospective students, friends and parents to ask questions about admissions, financial aid, transfers and academic programs.

Becoming foodwise

By Dr. Colleen Sundermeyer
special writer

When a mother feeds her baby she will gently place a small spoonful of food into the baby's mouth, making sure not too much is placed on the spoon. At the same time the mother is smiling as she tells her baby how yummy and good the food is. Babies are usually fed frequently but given small portions. Children, also tend to eat small meals but eat more frequently and don't think of foods as good or bad, evil or forbidden as adults do.

However, labeling food this way gives it power. You want to eat just the food you restricted yourself from having. The pattern of eating smaller more frequent meals is a good idea and is more gentle on the body. Eating one meal a day or eating sporadically overloads the body and sends the blood sugar soaring. Eating smaller more frequent meals will burn more fat as you burn calories throughout the day and you keep the insulin secreted from your pancreas in control.

If insulin levels are high fat will not be burned. Listen to your body and ask yourself, is this an emotional or physical hunger? Am I thirsty, or possibly

just tired and not physically hungry?

If you are hungry don't deny your body food. Sit down relax and take care of your body. Learn about food, don't simply avoid food. Avoiding food reinforces the idea that you can't trust yourself around food.

You can trust yourself. Food has no power, only the power you give it. Don't eat the same food all the time because you are boring your taste buds.

GET OUT and take a walk. Doing nothing is creating emotional weight in the form of anxiety. I call this the anxiety of stagnation — the anxiety that comes from doing nothing.

Get out and let the sun shine on your face and take care of your body. Exercise is a must if fat is to be burned. It is in the muscle that fat is burned and used as energy, and therefore, the more muscle you have the more fat you will burn.

Each time you eat healthy foods and exercise you are sending out a message that moves into all areas of your life. That message is that you are an important person and care about yourself and deserve the best life has to offer.

Taking care of your body means a lot more than just having sexy hips and thighs.

It's Fur Storage Time At MALTER FURS



...And Opening A New Fur Salon in July at Crosswinds Mall in West Bloomfield.

Bring your furs into storage at the Southfield location and preview a beautiful selection of '89 Fur Fashions.

MALTER FURS MOVING SALE
with up to 50% Reductions
Sale Ends June 24

21742 W. 11 Mile Rd. (Harvard Row Mall)

358-0850

Southfield

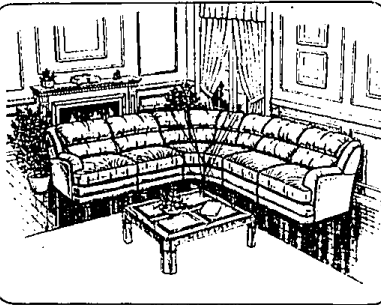
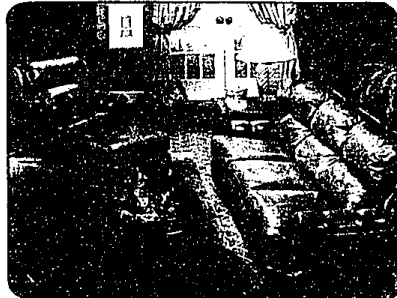
TOP GRAIN LEATHER SALE

Classic Interiors puts the luxury of
Top Grain Leather into Your Budget

Sofa, Chair
& Ottoman
Reg. \$4704

\$2695

SPECIAL ORDERS
AVAILABLE AT
\$2995 PER GROUP



**CLASSIC
LEATHER**

Sectional
Reg. \$5700

\$3595

JUNE IS NATIONAL LEATHER MONTH!
We made exceptional buys from our suppliers. Every Leather group in stock is priced at

40% to 57% OFF

Your Sitting, Sleeping, Dining, Reclining, Rocking, Entertainment Headquarters

Classic Interiors

20292 Middlebelt, Livonia • South of 8 Mile
MON., THURS., FRI. 9:30-5:00
TUES., WED., SAT. 9:30-5:00

474-6900

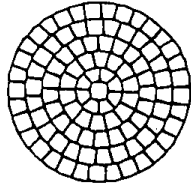


BRICKSCAPE, INC.

BRICK PAVING & OUTDOOR SUPPLIES

**DO-IT-YOURSELF
BRICK PAVING DEMONSTRATION**

June 24, 1989
10:00 a.m.
2:00 p.m.



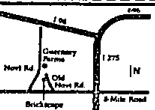
Call for
Reservations
348-2500

FREE THIS COUPON MUST BE PRESENTED FREE

**Receive a Complimentary Bag
of Redi-Mix Cement**

with the purchase of 50 Sq. Ft. or more of Brick Pavers
Valid until 7-30-89 • One coupon per order

FREE



21099 OLD NOVI RD.
NORTHVILLE, MI 48167
(313) 348-2500

HOURS
MON.-FRI. 9:00-8:00
SATURDAY 8:00-8:00
SUNDAY 10:00-3:00