

## clubs in action

**LAMAZE CHILDBIRTH EDUCATION ASSOCIATION OF LIVONIA** offers a six week class for new parents, a choice of a two or four week class for refreshers, and a monthly breast-feeding class.

Classes are given in Livonia, Garden City, Redford and Novi, to serve persons in all surrounding communities.

Inquiries are taken by the registrar, 937-0665.

**ADULT CHILDREN OF ALCOHOLICS** begins a new chapter for this area 6 p.m. Thursday, March 28. Inquiries are taken by calling Farmington Area Advisory Council, 477-6767.

**TALL CLUBS INTERNATIONAL** offers a \$1,000 scholarship to a graduating senior. Girls who apply must be a minimum of 5'10"; boys must be a minimum of 6'2". The applicant may be considering any field of study and be entering a two or four year institution of higher learning in the fall of 1991. The scholarship will be given based on academic achievement, school activities, volunteer work and personal achievement.

Application forms will be sent by contacting Susan Tranchella, president of Detroit Tip Toppers, at 345-8550 during the day.

**HILL AND DALE GARDEN CLUB** meets at 7 p.m. tonight in Farmington Hills Branch Library, 12 Mile Road east of Farmington Road. Guest speaker Edward Eaton of Eaton Nursery Ltd. will talk and demonstrate in a program called "Renovation of Old Landscapes."

Guests are welcome at no charge.

**WOMEN OF NORTH FARMINGTON** will tour the School for Seeing Eye Dogs in Rochester Thursday, March 21, after lunch in Coopers Arms. Cocktails will be served at 11:30 a.m. Cost for the day is \$13.50. Reservations are taken by Beth Rice until Friday, March 15, 1-363-2737.

**PARENTS OF CHILDREN WITH DOWN SYNDROME** meet at noon Saturday, March 16 in Nifty Norman's, in Walled Lake. Speaker for the day is Barbara LeRoy, coordinator of Michigan Inclusive Education Program.

Reservations, at \$8 per person which includes lunch, are necessary, to be made with Barb Wasenko, 363-5339.

**VOYAGERS**, a group for singles 45 and older, meet at noon Saturday, March 16 in the parking lot of St. Paul Presbyterian Church, 27475 Five Mile Road, Livonia, to carpool to Rochester. Members and friends will eat lunch at Bill Knapp's and then tour the Leader Dogs for the Blind School.

Inquiries are taken by Ann Anderson, 591-1350.

**TRI-COUNTY SINGLES** meet for a dance party at 8 p.m. Saturday, March 16, in Bonnie Brook Country Club, Telegraph, south of Eight Mile Road. Admission is \$4 for males and \$2 for females.

The singles' hot-line is 842-7422.

**ASSOCIATION OF RETIRED PERSONS**, Farmington Hills Chapter, meets at 1 p.m. Friday, March 16 in Farmington Hills Branch Library, 32727 12 Mile Road.

Speaker for the afternoon is Kay Briggs. Her topic is "Women in History." The meeting is open to all persons over 55 years whether retired or not.

**SINGLE MOTHERS BY CHOICE** meet 2 p.m. Sunday, March 17 in Farmington Area Advisory Council, 23450 Middlebelt Road.

The national organization is made up of women who have decided to bear or adopt a child without a partner. Women who are thinking about becoming single mothers are welcome.

Inquiries are taken by calling 549-2328.

**AMERICAN DIABETES ASSOCIATION EDUCATIONAL SUPPORT GROUP** meets 7 p.m. the third Tuesday of every month in Botzford Hospital's Health Development Network in Novi.

Inquiries are taken by calling 477-6100.

**SINGLE PLACE** meets at 7:30 p.m. Wednesday, March 20 in First Presbyterian Church of Northville, 200 E. Main Street.

Guest speaker for the evening is Donna Baylor, a certified hypnotist and a participant in drug awareness programs.

Inquiries taken by Jim Russell, 349-0911.

**WELCOME WAGON**, of Farmington and Farmington Hills, meets at 7:30 p.m. Tuesday, March 19 in Farmington Hills Branch Library, 32727 12 Mile Road.

Speakers for the evening are Ron Jackson and Steve Kovach of Jackson Landscape in Novi. The event is open to all newcomers to the two cities at no charge.

Membership inquiries taken by Tom O'Farrell, 559-8192.

**FARMINGTON GENEALOGICAL SOCIETY** meets at 7 p.m. Tuesday, March 19 in Farmington Branch Library, State and Liberty streets.

Guest speaker for the evening is Alan Trepa. His topic is "Polish Genealogical Research."

Potential members are welcome.

**AMERICAN ASSOCIATION OF UNIVERSITY WOMEN**, Farmington Branch, meet at 7:45 p.m. Wednesday, March 20 in Farmington Branch Library, State and Liberty streets.

Speaker for the evening is Elizabeth Giese, educational director of Michigan Women's Hall of Fame. Her topic is "How the Suffragettes Changed Michigan."

Inquiries taken by Paula Reilly, 851-1192.

**SCOLIOSIS FOUNDATION**, Michigan Office, support group for scoliosis patients and their families meet at 7:30 p.m. Wednesday, March 20 in Classroom A, South Tower, Beaumont Hospital, 13 Mile and Woodward, Royal Oak.

Inquiries taken by the foundation, based in Madison Heights, 399-6346.

**FARMINGTON NEIGHBORS CLUB** meet noon Wednesday, March 20 in Glen Oaks Country Club for a lunch and St. Patrick Day program.

Students from Dance Unlimited Studios will perform soft shoe and Irish clog dances.

For reservations, call Kay Clark, 474-6161 or Helen Benner, 474-1944 on or before Friday, March 15.

All club news and announcements for this column are to be addressed to: Club Circuit, Farmington Observer, 21899 Farmington Road, Farmington 48326. The information must arrive before noon on the Monday before Thursday publication.



## One woman show

Mary Rupp, a free lance artist and a former instructor for Center for Creative Studies, shows her work in a one-man show at the Farmington Branch Library, State and Liberty Street. The show is made up of landscapes, florals and portraits in oils and watercolors, and includes the painting shown here. The exhibit remains through March 31.

## The importance of healthy self esteem

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try something new. Generally those people tend to have good self-esteem."

However, all of us are capable of putting on a good front.

"We've been misled to believe that healthy self-esteem people are always up," he said. "Even people with good self-esteem have bad days."

And generally a person can't achieve a positive self-esteem just by telling themselves they're OK. You can say it all you want, he said, but unless you truly believe it

and can stand behind it, it doesn't work. It has to be a total change in attitude.

"You have to make the decision that it's (improving your self-esteem) worth it to me and I want to do something about it," Maloney said. "Then you have to take charge of your life and take charge of your attitudes."

"I want people to see that their self-esteem isn't a narrow, little thing," he said. "It touches all ages and all walks of life."

"People used to think of it as a women's issue, but I think more people are beginning to realize it's an issue for everyone."

## STEP class offered to parents of teens

Farmington Youth Assistance Family Education is offering an eight week class on Systematic Training for Effective Parenting (STEP) of Teens, starting March 20 in Ten Mile Community School, 10 Mile east of Farmington Road.

This program reaches the heart of today's parenting challenges. The

course and text is filled with realistic, effective and practical ways to help parents face the difficult challenges that come with adolescence and build stronger, closer relationships with their teenagers.

The cost of the program is \$20 which includes the book and materials. To register call 469-3434.

## Cooking for singles need not be boring

The Farmington Professional Singles Club activities director asked Judy Antishin to teach a class on cooking for singles that could be put on the group's calendar of events. The gourmet cook responded in the affirmative, but wanted the class to be open to all comers because she'd like the opportunity to disprove the common misconception that cooking for one is boring.

"Cooking for one does not have to be ordinary and humdrum," she said. "I can show you an unlimited number of ways to make small quantity cooking interesting and exciting."

"Don't fall into the attitude that cooking just isn't worth it. This is the attitude that usually makes the cook who is cooking for one or two head for the fast foods and prepared foods."

"Then, too much fat, too much

salt, and the really humdrum meals become fact."

To prove her point, Antishin will lecture, prepare and serve a seven course meal for the class that begins at 7:30 p.m. Wednesday, March 27, in The Community Center, Farmington Road north of 10 Mile.

Reservations at \$15 each, are taken by calling the center, 477-8404.

For the class Antishin will use the "make-ahead" concept and prepare the entire seven courses in less than an hour.

"There will be something from the sea, something from the grill. The dinner will be for a special time, or to be eaten by candlelight," she said.

The menu lists sweet and sour meatballs, stuffed and roasted meats, homemade salad dressings, tempura vegetables and a dessert.

The class size will be limited.

## Miss Teenage America search is under way

Contenders for the 1992 Miss Teenage America title may pick up their entry forms in any U.S. Kmart apparel department. Entry deadline is June 1. Candidates must be enrolled in high school through at least 1992 and have special achievements.

The Miss Teenage America program, now in its 30th year, is the nation's most prestigious achievement program recognizing outstanding young women between the ages of 12-16. It is not a beauty pageant or a talent contest. The main emphasis of the program is on scholastic achievement, individual accomplishment, general awareness, community service, poise, appearance and personality.

A prerequisite for entering the program is a 3.0 grade point average, according to Teen Magazine, which operates the program. The young woman who is named Miss Teenage America 1992, will receive a \$15,000 college scholarship

from Kmart, an entire wardrobe from Kmart Apparel, modeling opportunities with the program's sponsors and her own monthly column in Teen Magazine. She will have the opportunity to travel nationally, appear on radio and television programs and be on the cover of Teen Magazine.

Kmart Apparel has been a major corporate sponsor of the Miss Teenage America program for the past seven years.

"The Miss Teenage America program represents high American ideals and a strong commitment to education. We are proud to have Miss Teenage America as our teen spokesperson," said Glenn B. Smith, president of Kmart Apparel.

"Miss Teenage America symbolizes the outstanding abilities of tomorrow's leaders and serves as an excellent representative not only for Kmart, but for America's youth," he said.

## System worth honoring

Whether we are the descendants of immigrants from Europe, Asia, Africa or Latin America. Whether we are fifth or first generation Americans, it is the United States Constitution that has provided the opportunity for us to "secure the blessings of

liberty to ourselves and our posterity." It reminds us that ours is a system worth honoring and preserving. This information is supplied by the Quakerstown Chapter, Daughters of the American Revolution.

**30th Storewide Annual**  
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