Charities benefit from auction

The Women of North Farmington had a very successful auction, and raised enugin money to give to the following charities:

Noighborhood House, Head Start - \$2,000

Penrickton School for Blind Children - \$2,000

Children - \$2,000

B Meals on Wheels - \$1,000

■ Open Door - \$1,000 ■ Salvation Army - \$750 ■ American Rod Cross - \$750

The North Women are looking forward to next year's programs and would like to say thank you to the neighborhood merchants that participated.



Auction pricers: Women of North Farmington mem-bers responsible for pricoers responsible for pro-ing items for the benefit auction include (from left) Ann Carrier, Pat Muz-zarelli, Jackie Greit, Nancy Saunders, Elaine Rousseau, Ann Opperthauser, and Dianne Rehaim.

WW gives tips for healthy summer eating

The party which begins on Memorial Day and doesn't stop until Laber Day is a food lover's dream and can become a dider's nightmare with the tempting smell of barbecue constantly lingering in the air. With Weight Watchers food plan you can bask in the aun while watching what you easy afforine Mark, Fresident and CEO of Weight Watchers in Farmington Hills.

The object is to get out and enjoy fresh air and the warm weather. Weight Watchers in Glern these tips:

B Don't forget to pack plenty of ice or ice packs to prevent food apoilage.

Don't forget to yet perform thannas, Bing cherries and seedless grapes.

bananas, Bing chorries and seedless grapes.

If Don't just lie on the picnic blanket. Take this outdoor opportunity to exercise. Play a game of Frisbee before you eat, and afterwards take a long walk

and altervarias walk walk.

Make dependable low-calerie and zero POINT foods like cucumbers even better by trying a different slicing technique-skinnier slices are tastier. And include some unusual vogetables in your assortment (jicama-grape-sized tomatoes in both yellow and red varieties).

varieties).

Bring crunchy treats
(smarter choices are pretzels,
baked chips and popcorn).

Mackinac Island trip on agenda

The City of Farmington Hills'
Sanor Adult division with the
Sanor Adult division with the
Sand annual Michigan Recreation and Parks Association present a Senior Mackinac Trip
Sept. 30-Oct. 4 at Mackinac
Island's historic Grand Hotel.
If you've ever wanted to cripo'
the splendor of the Grand Hotel
on Mackinac Island, this is your
chance. The trip, which runs
from a Saturday to a Wednesday, includes an array of activities plus all transportation, tipe,
four nights at the Grand Hotel,
full breakfast each day, five
course dinner every night, dencing and a lot of extres. This is a
lovely time of year to spend a
few days in northern Michigan
in grand style.
You must be 50 years or older
to attend. This is a first come,
first serve trip and the last day
to register is July 7. Cost is
\$609, double occupancy. Final
payment will be due Aug. 25.
A murder-mystory evening,
champagne reception, live comedy performance, horse drawn
sland tour, special Grand Hotel
pricing on bleyder rentals, golf,
photos, luncheons, feature
movies and nightly dancing to
the Grand Hotel Orchestra are
included.
The trip will leave from the

the Grand Rotes ovenestra are included.

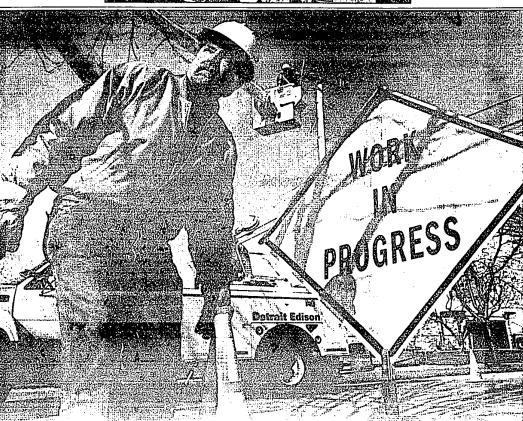
The trip will leave from the Costick Center in Farmington Hills. \$200 per person is due at registration. Forms are available at the reception desk at the senior citizen department in the Costick Center.

Hospice needs volunteers

Farmington Hills Hospice
Home needs helpers.
Opportunities to assist at the
reception desk or with patient
companionship are available.
Hospice of Michigan provides
a comprehensive orlentation
and training program for all voluniteers.

inteers.

If interested, please call Linds Smith at (248) 559-3195 at Hospics of Michigan.



Another good Sign for the Farmington Hills area.

Detroit Edison crews are working in your neighborhood.

You've probably seen us trimming trees and repairing electrical equipment. We've identified the problems and are fixing them right now. Of course with the storm season here there's always the unknown. And, while we do all we can to prepare for whatever Mother Nature has in store for us, not all outages are preventable. But when they do occur, we'll restore your power promptly. So every time you see a Detroit Edison crew, wave. Remember, we're doing everything in our power to give you all the energy you'll ever need.

Detroit Edison

