

Charities benefit from auction

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

- Neighborhood House, Head Start - \$2,000
- Penrickton School for Blind Children - \$2,000
- Meals on Wheels - \$1,000

- Open Door - \$1,000
- Salvation Army - \$750
- American Red 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 prices: Women of North Farmington members responsible for pricing items for the benefit auction include (from left) Ann Carrier, Pat Muzzarelli, Jackie Greit, Nancy Saunders, Elaine Rousseau, Ann Oppertausser, and Dianne Reham.

WW gives tips for healthy summer eating

The party which begins on Memorial Day and doesn't stop until Labor Day is a food lover's dream and can become a dieter's nightmare with the tempting smell of barbecue constantly lingering in the air.

"With Weight Watchers food plan you can bask in the sun while watching what you eat," says Florine Mark, President and CEO of Weight Watchers in Farmington Hills.

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

- Don't forget to pack plenty of ice or ice packs to prevent food spoilage.
- Do allow yourself dessert. Cool treats to try are frozen bananas, Bing cherries and seedless grapes.
- 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.

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

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



Mackinac Island trip on agenda

The City of Farmington Hills Senior Adult division with the 33rd 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 enjoy 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, tips, four nights at the Grand Hotel, full breakfast each day, five-course dinner every night, dancing and a lot of extras. 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 \$699, double occupancy. Final payment will be due Aug. 25.

A murder-mystery evening, champagne reception, live comedy performance, horse drawn island tour, special Grand Hotel pricing on bicycle rentals, golf, photos, luncheons, feature movies and nightly dancing to the Grand Hotel Orchestra 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 orientation and training program for all volunteers.

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

Another good sign for the Farmington Hills area.

Detroit Edison crews are working in your neighborhood.

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