

community calendar

LIBRARY BOARD

mains in Farmington Hills Community Library through Feb. 28.

SUMI-E WORKSHOP

Friday, Feb. 6: One-session workshop teaches how to create greeting cards using the zen art form, Sumi-E, with Mary Bowman at 1 p.m. in Farmington Community Center. In-person registration is necessary in the center on Farmington Road north of 10 Mile Road.

"THE RUNNER STUMBLES"

Friday through Sunday, Feb. 6-8: "The Runner Stumbles," staged by Farmington Players at 8:30 p.m. Friday and Saturday; at 7:30 p.m. Sunday in the Players Barn on 12 Mile Road between Orchard Lake and Farmington roads. Tickets available by calling the box office, 477-1066. Play continues Feb. 12-15 and Feb. 19-21.

TAX AIDES

Friday through Sunday, Feb. 6-8: "The Runner Stumbles," staged by Farmington Players at 8:30 p.m. Friday and Saturday; at 7:30 p.m. Sunday in the Players Barn on 12 Mile Road between Orchard Lake and Farmington roads. Tickets available by calling the box office, 477-1066. Play continues Feb. 12-15 and Feb. 19-21.

ONE-WOMAN SHOWS

Thursday, Feb. 5: The works of Ann Buckman in a one-woman show remains in Farmington Community Library and the works of Erika Ayala re-

4 bands join for festival

The public is invited to enjoy the sounds of the best of community bands, free of charge, on Sunday, Feb. 8 in 12 Oaks Mall Center Court. The Farmington Community Band under the direction of R. Paul Barber will host a Festival of Community Bands.

Bands that will be featured are Northville Community Band under the direction of Robert Williams, at 12:30 p.m.; the Plymouth Community Band, under the direction of Carl Battistini, at 1:30 p.m.; the Birmingham Community Band under the direction of Grant Hoemke, at 2:30 p.m.; and the Farmington Community Band, under the direction of R. Paul Barber, at 3:30 p.m.

All of the participating bands will join for a grand finale at 4:15 p.m. under the direction of Harold Arnoldi, professor of music and director of bands at Wayne State University.

FARMINGTON Community Band includes several different bands that perform concerts and participate in events throughout the area.

The Concert Band is composed of 70 members who perform a variety of serious and light selections, including original and arranged compositions. The Concert Band has performed numerous public concerts.

The Dixieland Band is a six man group with the good old "Dixie" flavor. They perform in the Farmington Plymouth and Northville parades church socials, and are always included in various other community activities.

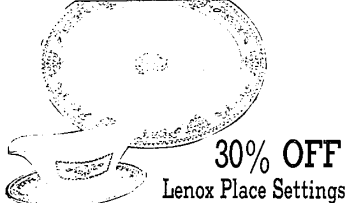
The Jazz Band encompasses 20 members who perform concerts during

National Music Week and play for dances in Oakland Community College. The Clarinet Choir is an ensemble featuring the clarinet family which performs at concerts and various community functions.

Membership in the Farmington Community Band is open to all adults. Students in junior or senior high may audition for membership.

The mail is on Novi Road, north of I-96. Closest entrance to Center Court is at the east side of the center; lower level, mall entrance closest to Lord & Taylor.

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Friday and Tuesday, Feb. 6 and 10. Tax aides assist seniors and the handicapped with their 1980 state and federal income tax forms noon to 3 p.m. Friday in Farmington Community Library on Liberty Street and from 10:30 a.m. to 2:30 p.m. Tuesday in the Gathering Place, in Mercy Center on 11 Mile Road east of Middlebelt. No charge.

MILLIONAIRE'S PARTY

Saturday, Feb. 7: Millionaire's party, staged as a benefit for Farmington Community Center, begins at 7:30 p.m. in the center on Farmington Road north of 10 Mile Road. Advance tickets are \$5 in the center, or \$7 at the door.

MINIATURES

Saturday, Feb. 7: Two-session workshop teaches how to create scaled-down accessories for miniature rooms or houses with Stella Semczuk at 9:30 a.m. on Saturdays in Farmington Community Center. In-person registration is necessary in the center.

DEPRESSION WORKSHOP

Saturday, Feb. 7: Depression workshop aids participants in learning the causes of and ways of dealing with depression effectively, conducted by New Sources staff from 9:30 a.m. to 3:30 p.m. Registration information taken by calling New Sources, 851-3150.

THE JUNGLE BOOKS

Saturday, Feb. 7: School-aged children continues with two movies from Rudyard Kipling's "The Jungle Books" at 2 p.m. in Farmington Community Library on Liberty. No charge.

ARTISTS RECEPTION

Saturday, Feb. 7: Artists reception 2-5 p.m. opens Student Show in Birmingham Bloomfield Art Association, 1516 S. Cranbrook Road, Birmingham. No charge. Exhibit remains through Feb. 21.

SKI BUS

Saturday, Feb. 7: Chaperoned ski bus leaves Farmington Community Center at 8 a.m. for full day of downhill skiing for those in fifth grade or over in Mt. Brighton. Package price of \$49 includes transportation, lessons and use of tools. In-person registration is necessary in the center. Trip will be repeated Feb. 14.

OAKWAY SYMPHONY

Sunday, Feb. 8: "Greig With Burczyk" features pianist Ruth Burczyk in her first solo appearance with Oakway Symphony Orchestra at 3 p.m. in Southfield-Lathrup High School, 12 Mile Road west of Southfield Road. Tickets are available by calling the symphony office, 476-5544.

FESTIVAL OF BANDS

Sunday, Feb. 8: Farmington Community Band hosts Festival of Community Bands, 12:30-4:30 p.m. in 12 Oaks Mall center court. Performances by Northville, Plymouth, Birmingham and Farmington community bands with special guest conductor Harold Arnoldi, director of bands for Wayne State University. No charge.

STORYTELLING THEOLOGIAN

Sunday, Feb. 8: The Rev. John Shea, author, theologian, teacher and storyteller, tells stories at 3 p.m. in Our Lady of Sorrows Catholic Church, corner of Power and Shawwassee roads. No charge, but reservations are requested by calling the church religious education office, 474-6480.

MACHINE APPLIQUE

Monday, Feb. 9: One-session workshop teaches a simple way to applique using the sewing machine with Peggy Freeman at 1 p.m. in Farmington Community Center. In-person registration is necessary in the center on Farmington Road north of 10 Mile Road.

BLOOD BANK

Monday, Feb. 9: Blood Bank, sponsored by North Farmington High School student council in cooperation with American Red Cross from 9 a.m. to 2:45 p.m. in the school on 13 Mile Road, east of Farmington Road. Appointments for donors are not necessary.

TENSION MANAGEMENT

Tuesday, Feb. 10: "Tension Management Through Hypnosis" with Kenneth Lerman runs 7:30-9:30 p.m. for two sessions in Farmington Community

Center. Early reservations are suggested in the center on Farmington Road north of 10 Mile Road.

VALENTINE DAY PARTIES

Tuesday and Thursday, Feb. 10 and 12: Max Ellison, poet, artist and storyteller, comes for Valentine parties geared for the entire family at 7 p.m. Tuesday in Farmington Hills Community Library on 12 Mile Road and at 7 p.m. Thursday in Farmington Community Library on Liberty Street. There is no charge but guests are asked to make reservations at the library they will be attending by calling the Farmington branch at 474-7770, or the Farmington Hills branch at 553-4300. Parties sponsored by children's librarians of both branches and Friends of Farmington Community Libraries.

SONGS FOR THE SEEING

Tuesday, Feb. 10: "Songs for the Seeing" continues film festival for 4- and 5-year-olds at 9:30 a.m. in Farmington Community Library on Liberty. No charge.

FINLANDIA MALE CHORUS

Tuesday, Feb. 10: Members of Finlandia Male Chorus invite newcomers to sit in on rehearsals and introduce themselves to the group at 7:30 p.m. in Finnish Cultural Center, 35200 Eight Mile Road. There is no charge to join the chorus. Open rehearsals continue Feb. 17. Inquiries taken by Ole Sarto, 363-4528.

NUTRITION

Wednesday, Feb. 11: "Nutrition," lecture by Maria Hoefflein, who tells how chemical additives can affect learning ability, attention span and emotional and physical behavior, at 7:30 p.m. in

Farmington Hills Montessori, in Mercy Center, 11 Mile Road, east of Middlebelt. No charge. Guests are asked to enter the center from Gate 4, enter the blue doors and follow the signs to the Montessori facility.

EMOTIONAL IMPACT OF DIVORCE

Wednesday, Feb. 11: "The Emotional Impact of Divorce" continues lecture series sponsored by WomenCenter at 7:30 p.m. in J Building, Room 308, Orchard Ridge campus of Oakland Community College. Admission of \$2.50 asked at the door.

IMMUNIZATION CLINIC

Thursday, Feb. 12: Free immunizations offered to all persons under 18 from 9 a.m. to noon in Shawwassee Recreation Center, 30415 Shawwassee, sponsored by Oakland County Health Division.

BEAUTIFICATION COMMITTEE

Thursday, Feb. 12: Farmington Beautification Committee regular monthly meeting at 8 p.m. in Farmington City Hall on Liberty Street. Open to all interested persons.

A WISE CHOICE

Friday, Feb. 13: "A Wise Choice," program for preschoolers and kindergartners at 10:30 a.m. in Farmington Community Library on Liberty. Youth are asked to bring a snap clothespin for craft project. Parents are encouraged to attend this session with their child. No charge.

MICHAEL CORBETT

Friday, Feb. 13: Michael Corbett, star of "Ryan's Hope," makes a personal appearance at 1 and 4 p.m. in Livonia Mall, Seven Mile and Middlebelt, Livonia.

Weight Watchers

Losing weight with taboo foods

A New Food Plan developed by Weight Watchers International has just been unveiled. Favorite foods that were once the nemesis of many reducing schemes are now allowed on the famous weight-loss program. The addition of formerly taboo foods such as wine, beer, raisins, honey, popcorn and peanut butter, in conjunction with the total, time-tested Weight Watchers Program, give real hope to the weight-conscious.

The new foods on the plan eliminate some of the frustration associated with "losing weight," says Florine Mark, area director of Weight Watchers and a leading authority on nutrition. "When you know you can have popcorn, sweet potatoes, olives or a glass of champagne, the motivation to remain on

your food program is certainly enhanced."

According to Ms. Mark, the overall food program was re-evaluated to make it more compatible with today's lifestyles and with the latest information on nutrition.

Toward that end, for example, the amount of complex carbohydrates such as bread, cereals, fruits and vegetables was increased and protein intake reduced. This was cited as one of the major dietary goals for the U.S., published by the U.S. Senate Select Committee on Nutrition and Human Needs, as well as in the "Dietary Guidelines for Americans," released jointly by the U.S. Department of Agriculture and HEW.

"A MEMBER of a test class for the

new foods plan told me that she hardly realized she was on a weight-loss program. When she went to parties or out to dinner, she had a glass of wine. She ate a sandwich in a coffee shop with friends and she was the only one not taking off the second slice of bread. The new choices made it possible for her to stay on this program until she reached goal weight. She looks terrific," Ms. Mark said.

In addition to the new foods, Weight Watchers has introduced an individual Food Plan Conference between members and their lecturers. Unique problems and stumbling blocks to weight loss can be discussed and action instigated to remove these obstacles. Behavior modification techniques taught in the classroom reinforce a member's regain of control.

From Tennis Time with love.

For men who don't know what to give their wives or girl friends for Valentine's Day, think spring. Then take a look at our new tennis dresses, golf outfits, warm-ups. They're available in warm weather pastels: Pink, lavender, powder blue and yellow. The perfect Valentine gifts. Free Valentine gift wrapping.

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