

community calendar

WOMEN'S SUPPORT GROUP

Thursday, July 2: General Support Group sponsored by Oakland Community College, Orchard Ridge Campus Women's Center at 7:30 p.m. in Room 309, J-Building on campus. Group provides open forum for women who have any kind of problem or unresolved dilemma. No charge. Inquiries taken by Lynn Kingsbury, 341-2650.

BLOODMOBILE

Saturday and Sunday, July 4-5: Red Cross Bloodmobile will be in Tel-12 Mall, on Telegraph and 12 Mile Road in Southfield, from 11 a.m. to 5 p.m. Appointments are requested by calling 353-4111 during blood drive hours.

BABY-SITTING INSTRUCTIONS

Monday, July 6: Baby-sitting instructions for 11-to-15-year-olds, 2-4 p.m. for four consecutive Mondays, taught by Red Cross instructor in Farmington Community Library on Liberty Street. No charge, but reservations are necessary by calling the library.

DAY CAMP

Monday, July 6: Day Camp for nature-loving 9-to-12-year-olds runs from 9 a.m. to noon for five days through July 10 on the grounds of Orchard Ridge Campus, Oakland Community College. Fee of \$28 payable with in-person registration in Farmington Hills Parks and Recreation office in city hall complex on 11 Mile and Orchard Lake roads. Day camp sessions will be repeated beginning July 20 and Aug. 3.

SAFETY TOWN

Monday, July 6: "Safety Town," 20 hours of safety education for 4-to-6-year-olds who learn through participation and demonstration, begins. Parents have option of morning or afternoon classes. Fee of \$22 includes a T-shirt. In-person registrations taken now in Farmington Hills Parks and Recreation office in city hall complex on 11 Mile and Orchard Lake roads.

CHINESE COOKING

Monday and Tuesday, July 6 and 7: Chinese cooking classes headed by San I. Danhemire begins at 7 p.m. Monday or 10 a.m. Tuesday and runs for five weeks in Northwest Branch YWCA, 25940 Grand River. Registrations taken by calling the Y, 537-8500.

FASHION AWARENESS

Tuesday, July 7: Fashion Awareness, one-session workshop with Marlene Coffey at 9:30 a.m. in Farmington Community Library on Liberty Street. No charge, but reservations are necessary by calling the center, 477-8404.

BOARD SAILING

Tuesday, July 7: Board Sailing, once known as wind surfing, taught in a four-hour class in both day and evening sessions begins this week. Participants will learn how to hang off a sail in high winds in both day land and on-water sessions. Class is sponsored by Farmington Hills Parks and Recreation office, which will take inquiries and registrations by calling the office, 474-6115. Fee is \$32.

BRASS RUBBINGS

Wednesday, July 8: Margarita Ibarluz teaches how to make brass rubbings from original 13th and 17th century casts at 10 a.m. or 7:30 p.m. in Farmington Community Center. Registration information given by calling the center, 477-8404.

PHOTOGRAPHY

Wednesday, July 8: Photography workshop led by professional photographer from Focal Point Studios at 2 p.m. in Farmington Hills Community Library, 32737 12 Mile Road. No charge. Program sponsored by library's Young Adults Department. Participants are asked to bring their own cameras to the workshop.

SILK FLOWERS

Wednesday, July 8: A two-session workshop teaching the art of creating silk flowers by Mary Foran begins at 9:30 a.m. in Farmington Community Center on Farmington Road north of 10 Mile Road. Registrations are being taken now in the center.

FLOWER ARRANGING

Wednesday, July 8: "Dried and Silk Flower Arrangements," three-session workshop headed by Donna and Kathy Napolitano, begins at 9:30 a.m. in Farmington Community Center. Registration is necessary in the center.

SQUARE DANCE WORKSHOP

Wednesday, July 8: Square dance workshop at 7:45 p.m. outdoors on the grounds of Harrison High School, 20901

12 Mile Road, sponsored by Fancy Farmers of Farmington. Fee is \$3 per couple. Workshops continue on Wednesdays through Aug. 26.

BEAUTIFICATION COMMITTEE

Thursday, July 9: Farmington Beautification Committee regular monthly meeting at 8 p.m. in Farmington City Hall, Grand River and Liberty Street. Open to all interested persons.

TAFFY JONES PRESENTS

Thursday, July 9: "Taffy Jones Presents," puppet plays, directed and produced by Mrs. Jones starring puppets created and operated by students in her creative drama classes, at 11 a.m. in

Farmington Community Center, Farmington Road north of 10 Mile Road. Admission of \$1 for adults or 50 cents for children asked at the door.

LIBRARY BOARD

Thursday, July 9: Farmington Community Library Board of Trustees regular monthly meeting at 6:30 p.m. in Farmington Hills Branch Library, 32737 12 Mile Road. Open to all interested persons.

LEGAL WORKSHOP

July 9: "Wills, Trusts and Estate Planning," one-session workshop at 7 p.m. in Northwest Branch YWCA, 25940 Grand River, conducted by attorney Jeffrey Foran. Fee is \$5. Registration

is requested by calling the Y, 537-8500. Follow-up workshop will deal with "Tax Aspects of Family Law" on July 16.

PLUM TREE POTTERY TOURS

Sunday, July 12: Nationally recognized potter John Glick is host and tour guide for visits through his Plum Tree Pottery at 10 a.m., 11:15 a.m., 12:30 p.m., 1:45 p.m. and 3 p.m. Tickets are \$4 per person or \$12 per family on sale now in Farmington Community Center, Farmington Road, north of 10 Mile Road.

INTERMEZZO

Sunday, July 12: "Intermezzo," Farmington Community Center's chamber music series, begins summer season at 7 p.m. in the living room of the center featuring oboists Arno and David Mariotti and bassoonist Paul Ganson. Concerts are \$4 each or series of three for \$10. Tickets are now on sale in the center.

DAY CAMP

Monday, July 13: Two-week session of Day Camp begins sponsored by Farmington Salvation Army, 27500 Shiloh, for 6-to-15-year-olds. Fee is \$10 for two-week session, which will be repeated beginning July 27 and Aug. 10. Advance registration is requested by calling Jeff Smith, 477-1153 between noon and 3 p.m.

COIL BASKETS

Wednesday, July 15: Theresa Ohno teaches how to create coil baskets in a two-session workshop beginning at 9:30 a.m. in Farmington Community Center, Farmington Road, north of 10 Mile Road. The baskets are made of aromatic grasses harvested by Michigan Indians sometimes known as "sweet grass." Registrations are now being taken in the center.

BASEBALL CARD COLLECTING

Wednesday, July 15: "Baseball Card Collecting and Other Sports Memorabilia," program led by members of Old Ball Park in Livonia at 2 p.m. in Farmington Hills Community Library, 32737 12 Mile Road. Program sponsored by the library's Young Adult Department. No charge.

What price sun tan?

The rich, glowing sun tan which gives the appearance of healthy skin may have just the opposite effect.

Repeated exposure to ultraviolet rays, whether from the sun or from the non-popular tanning salons, speeds aging of the skin and can ultimately produce skin cancers, said Dr. Lewis H. Kaminister in The Journal of the American Medical Association.

Dermatologists warn that some degree of irreversible skin damage occurs with each prolonged period of ultraviolet exposure to the skin, starting in early adult life. In fact, the tanning process is really a defense mechanism the skin uses to protect itself from ultraviolet radiation.

Most susceptible to these rays and therefore to skin cancer are fair-skinned people, notably blonds and redheads. Fair-skinned people lack sufficient amounts of melanin, a skin pigment, to filter such radiation.

THERE ARE three main types of skin cancer. These are basal cell, squamous cell and melanoma. More than 90 percent of all skin cancers fall into the first two classifications. For basal cell and squamous cell cancers, cure is virtually assured with early detection and treatment. Outwardly, these cancers appear either as pale, waxlike, pearly nodules that may eventually ulcerate and crust, or as red, scaly, sharply outlined patches.

The third type, malignant melanoma, though relatively uncommon, is a virulent form of skin cancer which spreads rapidly. Melanomas are usually distinguished by a dark brown or black pigmentation. They start as small, mole-like growths that increase in size, change color, become ulcerated and bleed easily from a slight injury. Surgery is often required for survival.

Patients with this disease have a five-year survival rate of 63 percent compared to 95 percent for patients with other kinds of skin cancer.

All this doesn't mean, however, that one can't go outdoors, enjoy the sunshine and even acquire a tan. To help protect yourself, use common

sense and follow the basic guidelines recommended by the American Cancer Society:

- Avoid the sun between 10 a.m. and 3 p.m. when ultraviolet rays are strongest.

- Begin your exposure with 15 minutes a day, expanding by five minutes a day until you develop a good base tan. If engaged in sports activities, begin your exposure with 45 minutes. Activity reduces concentration.

- Wear protective clothing such as cool, loose-fitting beach robes and wide-brimmed hats.

- Use a sunscreen preparation containing PABA (para-aminobenzoic acid). Apply about 45 minutes before exposure, and re-apply after swimming or bouts of heavy perspiration.

- Avoid sun reflectors. They expose the most delicate facial areas, under the chin, eyelids and earlobes.

- Remember that you are not fully protected in the shade of a beach umbrella. Ultraviolet rays are only partially deflected, and they also bounce toward you from all directions — off sand, water, patio floor or deck.

- Avoid the sun while using antibiotics, antibacterial preparations, barbiturates or birth control pills. Any number of these substances may increase your sun sensitivity.



Heritage Week

Plymouth Museum will have special displays and expand its hours for Plymouth Heritage Week, from June 29-July 3. The historical museum, located at 155 S. Main Street, will be open from 10

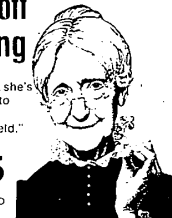
a.m. to 4 p.m. each day during the week of exhibits and demonstrations that will be going on in Forest Place and Westchester Square shops.

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BIRMINGHAM

You Are Invited To See The Posh Fall Collection of day and evening dresses, coats, suits and ultrasuede fashions. Meet Posh Representative Jeffrey Sirchio

Wednesday, July 8 - Somerset Mall
Thursday & Friday
July 9 and 10 - Grosse Pointe
Informal Modeling
11 a.m. - 4 p.m.

The shops of
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