

Finding the right color makes the magic happen? says area color-codist

Lillian Zebley, who takes her cues from Carole Jackson's book 'Color Me Beautiful' is now heading up color coding parties for groups as a fund-raiser.

"Color is magic," the Farmington Hills resident says. "You can wear just about every color of the rainbow, but shades make the difference. The trick is finding those shades to make the magic happen for you."

In color coding parties, guests discover their "season." Then they take home a packet of fabric swatches of spring, summer, fall or winter colors in the season determined for them.

Since Zebley started her home-based business less than a year ago, she has hired four persons who shop for fabrics, cut them and package them for the parties that have been given in companies, churches and club houses this summer.

"Business is great but I've been practically run ragged getting ready for the PTA parties," Zebley said. "But the parties are fun for the guests as well as entertaining and informative."

Men as well as women are her clients.

The women take off their makeup. Both men and women have their hair covered, then the color codist drapes fabrics about her client's face and neck to find their season determined by the shade of their skin and color of their eyes.

THE VALUE of the packet Zebley has designed for her business is in its strong plastic cover and its size for

easy carrying while shopping.

"If you carry the packet with you and are careful to buy only pieces in that color family, you will eventually have a wardrobe that not only suits you beautifully, but everything you have will be color coded to match every thing else," she said.

Zebley believes that most people are drawn to, and buy, colors that are right for them.

"And those are the clothes you go back to wearing over and over while other pieces sit in the closet forever and you can't figure out why. It's because the color of the clothes you wear often just feel right on you. You just feel good in them," she said.

Zebley also sells the color-coded makeup of the seasons that are manufactured under the name of Artistry by Amway.

"There is no obligation to buy anything for the color coding parties," Zebley said. "And all of my fees are negotiable."

"I think every party I've given so far has been worked differently. The programs I worked with had different numbers of people, different space and time to work in, different things they wanted to accomplish."

"We were always able to work something out that was satisfactory for everybody, and all of the groups made money."

Zebley is also offering gift certificates now for private sessions of color-coding. She can be reached by calling 477-5725.

Society shows its mums

More than 1,000 entries are expected to be shown in Tel-12 Mall when Greater Detroit Chrysanthemum Society sponsors its 39th annual Chrysanthemum Show. Show hours are 1-5 p.m. Saturday, Oct. 16 and from noon to 5 p.m. Sunday, Oct. 17, in the center mall of the shopping complex on Telegraph and 12 Mile Road in Southfield.

There is no admission to the show and no admission to any of the events taking place during the national society's annual meeting.

The annual meeting, given in conjunction with the show, begins at 1:30 p.m. Friday, Oct. 15 in Holiday Inn of Southfield.

Speakers for the meeting will talk on "Basic Principles of Growing and Judging the Chrysanthemum Bonsai," "Mums in the Orient," and "Mums in Michigan."

The national show and meeting will mark the Detroit society's 25th anniversary as members of the National Chrysanthemum Society.

Long shows watercolors

Area artist Diane Long will show her work in a show comprised of paintings by members of the Michigan Watercolor Society.

The show continues through Oct. 17 in Alpha Art Gallery, 8166 Macomb, Grosse Ile. Gallery hours are from 10

a.m. to 5 p.m. Tuesday through Saturday.

Long was one of several watercolorists invited to exhibit work. The artists exhibit a wide variety of techniques and subject matter, though all employ watercolor as the media for the show.

Consider your heart's shape as winter approaches

What kind of winter are we going to have in Michigan?

It has been predicted that our first snowfall will arrive Oct. 15 and our last on April 9. However, it is also predicted that we'll probably have only about 42 inches of the white stuff, a mere three inches above normal.

Whether you choose to believe these predictions or not, there's one thing for sure. Sooner or later the snow will come and with it a lot of people will go out for winter sports — hunting, cross country or downhill skiing, snowmobiling, skating, ice fishing. Michigan has it all in the winter.

"Winter sports are not only a lot of fun, they can contribute a great deal to a year-round program of physical conditioning," said Dr. Lawrence Zgliniec, Pontiac cardiologist, who is president of the Michigan Heart Association.

"That is, they can if you go about it right. If not, you could be risking a heart attack."

ZGLINIEC had several suggestions for those preparing for winter sports activities.

"First of all, don't throw yourself into any sport — even hunting — unless you are in condition and have your doctor's permission," he said. "Remember that cold weather itself can put an added strain on the heart. In an effort to preserve its heat, the body constricts the blood vessels, and your heart may be asked to do four times the work."

Second, dress properly. Several light layers of warm clothing will keep you a lot warmer than one heavy layer, and you won't be carrying around all the

extra weight besides. By all means wear a hat. As much as 85 percent of body heat may be lost through the top of the head, especially if you are bald.

"Don't smoke outside in cold weather. Of course, it's bad for your heart to smoke at any time, but since smoking also constricts the blood vessels, it's even worse in cold."

"Always take a buddy on activities like hunting, hiking or skiing. It's much safer in case something should happen," Zgliniec said.

next to influenza; and the state ranked sixth nationally on known cases on penicillin-resistant gonorrhea.

Reported cases of syphilis are also high and, of great concern, is the rising incidence of herpes, a painful and incurable venereal disease.

Goals of the new program include medical clinics for VD-infected persons, intense information programs, and education for health professionals, teachers and counselors.

Program to combat VD epidemic is launched

United Community Services of Metropolitan Detroit has announced plans to launch a comprehensive metropolitan-wide program to curtail the epidemic of venereal diseases.

The VD control program will be carried out by the Metropolitan VD Action Coalition, a UCS-sponsored body comprised of representatives of more than 50 agencies.

Included are health departments, community health centers, govern-

mental units, educational institutions, family planning clinics, human services agencies and religious, professional and youth groups.

Nearly \$80,000 for the program's first year of operation was contributed by the Webber Foundations, Blue Cross and Blue Shield of Michigan, United Foundation, New Detroit Inc. and Burroughs-Wellcome Co. as well as UCS.

In its probe of the tri-county area's unabated VD epidemic, the coalition

found that the serious effects of sexually transmissible diseases are induced mostly by ignored treatment and public misconceptions.

Particularly devastated by untreated VD are women, babies, youth, and the homosexual population.

Michigan's alarming rate of venereal disease has been confirmed by annual statistics, which last year showed gonorrhea being the second-most-commonly reported communicable disease,

and the state ranked sixth nationally on known cases on penicillin-resistant gonorrhea.

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Artists, craftsmen, join for 10th annual show

The 10th Annual Arts and Crafts Show presented by Farmington Community Center is scheduled from 10 a.m. to 4 p.m. Saturday, Oct. 16. More than 50 artists and craftsmen will display and sell their original works throughout the center's rooms at 24705 Farmington Road.

This is a juried show and visitors will find a wide selection of arts and crafts chosen for their quality and uniqueness.

The array of creative efforts, crafted in a variety of media, include pottery, dried flower arrangements, grapevine wreaths, jewelry, stained glass, baskets, wood carvings, dolls, soft sculpture, folk art, pen and ink sketches, watercolors, hand painted china and porcelain.

Needlework crafts such as quilts, lace and fabric ornaments, cross

stitchery, and calico art will be exhibited and up for sale.

The Arts and Crafts Show is always a popular event for craftsmen throughout the metropolitan area, as well as those from out-of-state.

"The number of artists' requests to participate in this annual event far out-number the display spaces available," says Betty Palmer, executive director for the center. The show pre-

sents a well-rounded display of arts and handicrafts that are popular today, as well as folk art of the past.

Visitors to the show may chat with the artists and take advantage of the opportunity to purchase unique gifts for the holidays. There will be a light lunch and baked goods available. Admission is 50 cents for adults. Adequate parking is available.

Area artists take honors in Palette and Brush show

Three local artists, all members of Farmington Artists Club, have taken the first, second and third place prizes in the Palette and Brush Club's fall show.

First prize went to Alice Nichols of Farmington, second prize was given to

Bob Millar of Farmington Hills and third prize went to Dorothy Clark of Farmington Hills.

The three trailed Eleanor Nief, a Livonia resident who took "Best of Show."

Honorable mentions were given to

Margaret Schroeder of Birmingham, and Barbara Nigro and Marilyn Spencer, both of Bloomfield Hills.

A reception to meet the artists will

begin at 7 p.m. Friday, Oct. 15, in American Center, 2777 Franklin Road, Southfield. The show will remain on display there through Oct. 28.



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