

Week proclaimed for Jaycee Women

The week of Feb. 12-18 has been designated as "United States Jaycee Women Week." The young women's organization is dedicated to personal development, leadership training and community service.

Membership is open to women between 18 and 35 who are interested in serving their community. During the week, the Farmington Jaycee Women will join 55,000 others across the country in the celebration.

Locally, for the past 25 years, the chapter has given in a variety of ways to the community, providing individual development programs for its members, offering scholarships annually, arranging to see that needy children

are given Christmas gifts, and promoting community awareness projects. With the Farmington Jaycees, the chapter raises money through a lemonade and chicken barbecue sales during Founders Festival.

The group sponsors an annual Baby Beautiful contest to promote its infant and child car seat rental program. Members sponsor a pet contest every year and an arts and crafts sale.

The local chapter invites women to join the members at 7:30 p.m. Tuesday, Feb. 21, in Farmington Community Center to get acquainted with one another and learn about the organization. Inquiries may be made by calling JoAnn George.

5-day stop smoking program set to begin

Smokers who want to kick the habit will have their chance at Better Living Seminars' five-day stop smoking program.

Headed by Dr. Vern Erickson, the program begins at 7:30 each evening Monday through Friday, Feb. 13-17, in Calvin Presbyterian Church, 14221 Southfield. The church is located on the service drive between Grand River and Schoolcraft Road.

Cost for all five sessions is \$10. Call 882-7348 to register.

Better Living Seminars, a non-profit health-related organization headed by

Dr. Arthur Weaver, is noted for its fight against tobacco.

The five-day stop smoking program uses lectures, audiovisuals and group interaction. Every participant receives a personal "control booklet" with instructions and encouragement programmed for each of the five-day withdrawal periods.

"Every aspect of living has become incorporated into the smoking habit," Dr. Weaver said. "This seminar disentangles the smoker's entire life-style. We find that smokers actually enjoy the week."

Kids invited to swap books

Farmington Youth Assistance is sponsoring a book exchange for elementary schoolchildren that culminates from noon to 3 p.m. Wednesday, Feb. 22, in Farmington Hills Branch Library, 32773 12 Mile Road.

For each book brought to the library between Feb. 11-18, a child will receive a certificate entitling him or her to

choose a book from the exchange on the afternoon of Feb. 22.

Books must be suitable for children in grades kindergarten to fifth and must be in good condition. A maximum of three books may be traded by each child.

There is no charge for participation.

Proud and grateful

Quakertown Chapter Daughters of the American Revolution, in sponsoring February as American History Month, are proud and grateful for the men who were involved at Valley Forge, Pa., with George Washington. Although there were no battles at Valley Forge, these

Continental Soldiers fought to survive through the winter and spring months from Dec. 19, 1777 to June 19, 1778 when they marched out of Pennsylvania to Monmouth, N.J. to fight the Battle of Monmouth.

Save wood ashes to enrich soil

Indoor plants make good winter companions. We like to feel that we are needed. Research tells us that in 130 B.C. people had hanging indoor plants to beautify their homes in Babylon.

Professionals and greenhouse owners favor the Cornell mix for potting plants. Here it is for your plant record: Four quarts of sphagnum moss, two quarts of vermiculite, two quarts of perlite, two tablespoons of lime-stone, one and one-half tablespoons superphosphate, and two one-half tablespoons 10-10-10 fertilizer.

This may sound complicated to some people but if you are beginning plants later for outdoors you will find the recipe very good. It is often referred to in meetings of the professionals.

IF YOU burn wood in your fireplace the ashes should be shoveled and saved to use in your springtime garden as you would limestone. They contain phosphorus which encourages growth and roots.



down to earth
Alice Burlingame

Don't use wood ashes around acid loving plants such as azaleas and rhododendrons. You can include gardenias and citrus plants on the list of no-no's.

In many parts of the country you will find groups of both indoor and outdoor plants using moon signs to assure success. Ed Hume, a colleague I see at meetings, has a 1984 Moon Sign booklet he sent to me (it, self addressed envelope, Box 1480, Kent, Wash. 98032).

For instance, today it will be the dark of the moon and a time to prune plants to slow growth. When the season gets into the heavy growing time for us, the directions on how to have the best results with certain plants by fol-

lowing whether or not the moon is dark or light are interesting.

More and more old wives tales are gaining acceptance in the science world. It wasn't so long ago that we doubted if a person could walk in outer space. With each trip there are experiments with seeds and plants.

In the past our County Extension Horticulturist, Gregory Patchen, has recommended gravel or sand and urea fertilizer for ley driveways and walks. This mix won't destroy your own or adjacent plants. Trees and shrubs have been known to be killed by rock salt or calcium chloride.

PAT THOMPSON has shared some natural beauty tips for having a beautiful skin from "home mixes." For a normal skin, mix an egg yolk with a teaspoon of olive oil. Use it as a mask.

For dry skin, apply a mix of a grated carrot, a mashed banana, one teaspoon of honey and 20 drops of lemon juice. For a sensitive skin, mix one grated carrot with a teaspoon of cream or two teaspoons of honey with a teaspoon of lemon juice.

Now that we have you all prettied up, listen to my tale of woe. I dearly love a flowering amaryllis. Last winter I possessed four new arrivals. The last of May, I fed the potted bulbs and placed them under a tree for a rest.

I brought them in this fall, fed them, filled the pots where needed, watered and waited for the miracle (they have been in a sunny location).

The score is zero. I am embarrassed. Please tell me, successful growers, what you do for a second year crop of beautiful amaryllis?

'I Can Cope' series under way at Grace

A patient education program, designed to help people gain strength and resources to cope with cancer and its treatment, is being offered at Grace Hospital, a division of Harper-Grace Hospitals in Detroit.

Penny Rhein and Vicki Haas, both registered nurses and both residents of Farmington, are co-leaders of the program.

"I Can Cope" is a series of free weekly sessions. They run from 7-9 p.m. Mondays through March 26 in Grace Hospital, 18700 Meyers Road, at Seven Mile Road. Upjohn Healthcare Services is providing additional funding in assistance to the programs in the tri-county area.

Objectives of the patient education classes are threefold. It aims to in-

crease the cancer patient's knowledge of the disease; to increase the patient's control over his or her life; and to decrease the anxiety the patient feels about the disease.

Participants will learn about physical anatomy, cancer, potential health problems that may arise, nutrition, communication skills, stress awareness, physical fitness, utilizing commu-

nity resources and the essential role patients play in their own treatment.

The series includes guest instructors, free booklets of information, samples of special food products and a graduation ceremony with cake and diplomas.

Inquiries and registration may be made by calling Grace Hospital, 927-3219.

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