#### Saputo-Fox

Mr. and Mrs. Samuel P. Saputo of Beverly Hills have announced the engagement of their daughter Carol Jean to John Edward Fox, who is the son of Katharina Kolleth of Dearborn and James V. Fox of Burards Bay, Mass. The bride-elect is a graduate of Groves High School and the University of Michigan. She is employed as a medical sales representative by Smiley-Kay Inc. Her Hance is, a graduate of Fortdon High School and Eastern Michigan University, He is employed by Ford Motor Credit Co.

The couple are planning a May wedding.



#### Pogue-Greiner

Mr. and Mrs. James Pogue of Farmington announce the granement of their daughter Ellen Marie to Ronald Everett Greiner, son of Mr. and Mrs. Everett Greiner of Ludington, Mich. The brideto-be is a graduate of Farmington High School and Existen Michigan University, employed as a learning-disabilities teacher with Mooree Fublic Schools. Her finnce is a graduate of St. Simon High School in Ludington and University of Michigan. Ludington and University of Michigan Ludington as a consultant for Michigan Department of Education. A June wedding is planned in Ann Arbor.



#### Pollock-Emmitt

Pollock-Emmitt

Mr. and Mrs. Donald Pollock of Grosse Polnte announce the engagement of their daughter Gall Ann to Timothy John Emmitt, son of Mr. and Mrs. Ronald Emmitt of Farmington Hills.

The bride-to-be is a graduate of Grosse Polnte South High School and will take her degree in marketing from Michigan State University in June. Her flance is a graduate of North Farmington High School and Michigan State University. He is employed as a mechanical engineer by Delco Electronics in Kotomo, Ind.

A mid-summer wedding is planned in St. James Lutheran Church, Grosse Polnic.



# Harrison musicians have much to cheer

Two bands from Harrison competed in the festival, in Milford last month, with the Symphony Band receiving a I rating and the Concert Band receiving a II. The Symphony Band received

The Harrison High School Instrumental music department bas much to cheer about this season, as their participation in the annual Michigan School Band and Orchestra Association festivals proved very remarding.

Two bands from Harrison competed in testival, in Millord last month, with the Symphony Band receiving a larting and the Concert Band received fair at II. The Symphony Can received II rationally a larting and the Concert Band received Larting and the Concert Band received Larting and Dave Larting Larting

Seven students competed for Proficiency Examinations which include sole, seales and slight reading. First-Division ratings were given to Marnie Leonard and Diano Disgeler, flote; Keven Przewodek, percussion, and Scott Orwig, trombone.

Ann Rouchins, plano; Renee Przewodek, clarinct, and Allen Sponseller, trumpet, all received il traitings.

Annette Plastowaki and Michele Van

This past weekend Harrison sent two jump bands to Jazz Band Festival in Utica. This is the first year two bands had competed and both received II ratings.

The Symphony, Concert and Jazz Bands are directed by Mark Phillips who is in his second year as director at Harrison.

#### Parker-Lockwood

Mr. and Mrs. Forrest Parker of Birmingham announce the engagement of their daughter Susan Marie to Robert K. Lockwood II, son of Mr. and Mrs. Robert Lockwood of Parmington Hills. The bride-to-be is a graduate of Purdue University, employed as a method and systems analyst for Ford Motor

Co. while working on her master's de-gree at University of Detroit. Her flance is a graduate of Mighf-gan State University. Be is employed as a branch rannager with Manufacture ers National Bank of Detroit and at-tending Detroit College of Law. A summer wedding is planned.

# High blood pressure can be controlled by quitting smoking

Each day, people are continually informed about the seriousness of high blood pressure. Whether provided by their physician, friends, relatives or the media, the message is clearly the same. High blood pressure affects one out of every four people, and it can only be controlled, not cured. One important way to coatrol it is by quitting smoking. Unfortunately, the correlation between high blood pressure and smoking is usually not ovident because most people do not know what high blood pressure is and how smoking affects it.

Each person's heart acts as a pump.

affects it.

Each person's heart acts as a pump.
When the heart contracts, the heart exerts a force which causes oxygen-enriched blood to circulate group the
body. At he blood treath of the blood vessel
against the walls of the blood vessel
walls is called the blood pressure.
The blood pressure does not always
stay the same, but fluctuates based on

the body's need for increased circula-tion to specific body parts. For exam-ple, if a person is running, there is an increased need for circulation to the lungs and muscles of the arms and legs. The body's response to this need is to make the blood vessels to the other parts of the body become smaller, so that more blood can be sent to the lungs and muscles. When the problem of high blood pressure arises when the pressure on the blood vessel walls, the blood pressure, remains elevated. THERE ARE two good reasons to cult amoding.

THERE ARE two good reasons to quit smoking.

First, the nicoline in eigarettes caus-es the blood vessels to become smaller. Since this constriction is accomplished naturally upon caretion, smoking in-creases the constriction two fold caus-ing the blood pressure to become in-creasingly elevated.

The second reason for quitting is that the carbon monoxide inhaled from the cigarette robs the body of oxygen.

## It's White Cane Week

White Cane Week is celebrated this year from April 27 to May 8 when members of international Lions Glob members of international Lions Glob dirroughout the U.S. offer minimize white canes in return for a donation carry on their work to help the billed in this area Farmington-8 Lions will be on main intersections during day-light hours throughout the week. Money donated to the local club is

Local club members work in cooper-ation with Michigan Eye Bank and ac-cept used glasses for recycling.

### Youth share their poetry

Budding poets shared their original poetry with their teacher and guests in a program sponsored by Farmington Hills Branch Library this spring. The youngsters are learning the art in workshops led by Victoria Najjar-Teichner, whose most recent published story-poem is 'The Girl Who Grew Ribbon."

Ribbon."
The young poets at the reading were Carolyn Dunham, whose work is called "Never Skate With Kate"; Ann Kulesz who wrote "Animal Caravan"; and Ka-

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tic Mahalak who shared "I, the Beg-

tio Mahalak who shared "I, the beg-gar."
Julia Najjar shared her poem "Pool", John Pocalk read his poem "That Craxy Man From Mars", Michelle Power read "Spring and Easter Egg Hunta", and Marc Scanlo read his poem "Evil was an Ape."
Najjar-Telchner will return to the library this summer for shother poetry workshop for the young, and is also scheduled to do the same for Farmington Community Center this fail.



Give blood.

so it can be the first day of somebody else's, too.

### Extravaganza planned

Children's International Summer VIII.
Isges (CISV) Is aponsoring a fund-relager (CISV) Is aponsoring a fund-relager (The T-nousand Dellar Extravaganas," at 6 p.m., Thursday, May 10
at Mercy College of Detroit. Tickets
are \$100 and can be ordered by calling
Fran Firsk at \$19-883.

The event begins with cocktails at 6
pm. and dinner at 7 pm. The raffle for
\$10,000 begins at 8 p.m. and the ticket

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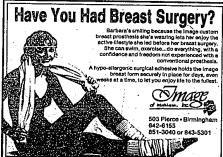
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