

Business women gather for spring conference

The Ann Arbor Chapter of the American Business Women's Association hosts its fifth annual conference for women 8 am. to 6 p.m. Saturday, April 1, in Weber's Inn, 3050 Jackson Road. Theme for the conference is "Creating Your Vision for the Year 2000."

The event is open to all. Registra-tion information is given by Sara Burke, 665-6045. Registration at the door is \$40.

Among the speakers for the day will be Farmington Hills resident Dr. Colleen Sundermeyer. Her topic will be "Emotional Weight: Food Has No Power — Only the Power We give It." She is a utther of the book, "Emotional Weight."

KEYNOTER WILL be C. Leslie Charles, whose topic is "Creating Your Future."
Other topics for the day will be "Color Balance," "Eat Dessert First: Life is Uncertain" and "Power for Women is Different Than It is for Mrn."

Women is Different Than It is for Men."

"The conference offers networking, discovery and reflection on women's personal strengths and contributions," said Sandi Mackrill, chairperson for the event.

"It also gives us the opportunity to create and envision our life path as we move into the 21st century. The decisions we make personally and professionally will affect the quality of life not only now but for the future."

Eater's Choice to hold down the cholesterol utensils, participant workbook, record-keeping book, a list of more than 500 saturated fat foods with calories and a guide for estimating fat calories in foods not list. Classes begin at 7 p.m. Mondays and Tbursdays April 24, 27 and May 1, 4, 8 11. There is a charge of \$55 per person or \$80 per couple. Registration deadline is April 17. For additional information, or register, call 464-4800, Ext. 2297. St. Mary Hospital is located at \$5475 W. Five Mite Road, Livonia.

You know the cholesterol count is high, but it's hard to start making changes in your lifestyle just by reading nowspaper and magaine articles. St. Mary Hospital can help make the changes smoothly, with it's six class series called Eaters Cholee. Eater's Choice is designed to dispel the myths about cholesterol, personalize daily fait allowances, identify foods high in cholesterol and interpret the saturated fat mystique. Included in the class fee is a book with recipes and tips, measuring

Dancers are in recital

The Polish Centennial Dancers Dancers from the mountain regions perform in recital at 2 p.m. Sunday, of Poland, April 30 in Churchill High School, 3990 Newburgh Road.

The performance, called "A Polish Performance, called "A Polish Extravaganza," features the Goral

Tickets are \$5 at the door.

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Tots called

Mayfair Co-op Nursery School, 30450 Farmington Road, is accept-ing applications for enrollment for the 1989-90 school year. Interested families may contact Jan Zander at 553-9057 or call the school at 526-2759 for registration information.



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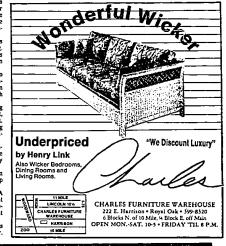
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We're starting our emergency pack fund now for our next shipment. Hopefully the cost will decrease with quantity buying and we can assemble more packs with the cost differ-ence," Murphy sald.

Persons wishing to contribute to the next shipment may make checks payable to Salem UCC Emergency Pack, and send to Salem United Church of Christ, 33424 Oakland Av-enue, Farmington 48024.





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