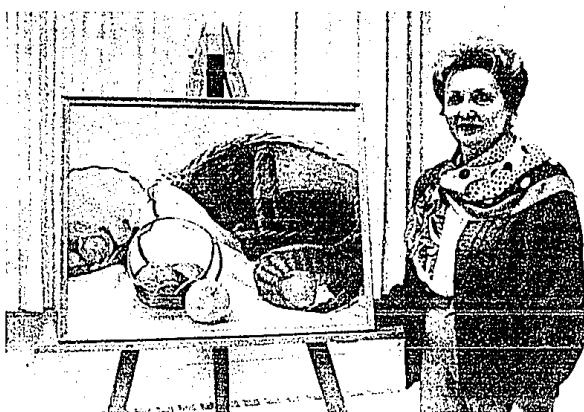


Baskets

"Baskets," a first prize winner by Irene Kallas, will be on display in Farmington Artists Club's fall exhibit Wednesday-Saturday, Oct. 25-29, in Nardin Park United Methodist Church, 11 Mile west of Middlebelt. A juried and a budget gallery, raffle for original art, and complimentary refreshments are all part of the show and sale. No admission charge.



BRIAN TOOGVALIAN/staff photographer

Collection for animals slated

The Michigan Humane Society will hold its 5th Halloween Collection for animals on Halloween night. Young people and adults will be asking for donations instead of the usual treats of candy.

Proceeds from this year's collections will be used to help the Michigan Humane Society provide necessary

care for the tens of thousands of homeless, unwanted and abused animals cared for at its three full-service shelters.

Volunteers who would like to help animals (and save their own teeth in the process) are still needed to help with the collection. For information on your nearest shelter, call 872-3400.

Think Trim stresses healthy attitudes

From 9 a.m. to 4:30 p.m. Saturday, Oct. 21, Lorraine Stefano will uncover the barriers to weight control in her "Think Trim" course in the Community Center, 24705 Farmington Road.

Think Trim participants learn to examine and identify their attitudes toward food and learn to focus in on ways to control eating.

The course is designed to incorporate eating programs which fit with today's lifestyles. Stefano stresses the importance of self-image, self-motivation and healthy attitudes and packages it into a moderate and manageable lifeplan.

"The Think Trim program helps participants find balance in their lives," says Stefano. "It identifies

how to break down self-defeating barriers by focusing on simple techniques to overcome inner battles with food."

Stefano's down-to-earth teaching approach goes deeper than her experiences as a therapist in private practice. She developed Think Trim after her own battles with the "yo-yo" syndrome of losing and gaining weight. Examining where other diet programs fell short and utilizing her professional background, Stefano came up with the Think Trim principles which helped her lose 50 pounds. And nine years later Stefano has not gained the weight back.

The course fee is \$40. To register for The Community Center Think Trim course, call the center, 477-8404 or Think Trim at 589-3283.

Center marks 20th year

Since John Donohue joined the board of directors of The Community Center Farmington-Farmington Hills in 1984 he has chaired the long range planning committee and served on the executive committee.

Donohue finds working with the other board members a rewarding and energizing experience. His involvement with the consulting firm's study on the center played an instrumental role in the future direction of

the facility. He hopes that the center will have a cultural focus and become a forum for both the liberal and performing arts for the Farmington and Farmington Hills community and the surrounding areas.

A practicing municipal attorney, he is also active with the Michigan Society of Planning Officials and the Audubon Society. He and his wife Nancy have resided in the Farmington area since 1980. The couple have two children.



Come in costume

Jennifer and Katie Matous and Jennifer Oandusky invite youngsters to come in their Halloween costumes to a party with games, snacks and magic by Rob the Juggling Magician. The fun starts at 1 p.m. Saturday in Orchard United Methodist Church, 30450 Farmington Road. Admission is \$3 and one piece of canned goods that will help fill a Thanksgiving Day basket. Reservations are taken by Farmington Area Community Women, 851-3072.

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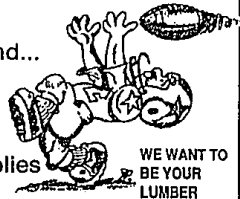


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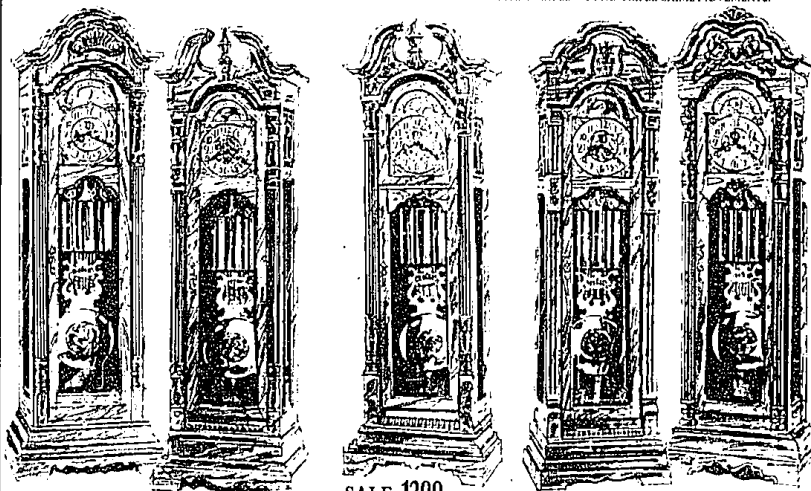
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